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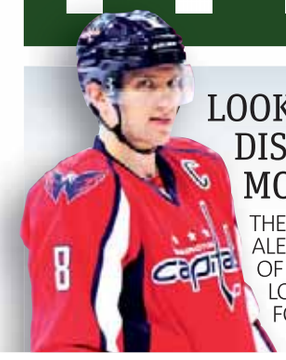

LOOK BOYS, DON'T DISAPPOINT YOUR MOTHERLAND

THE PRESSURE IS ON FOR ALEX OVECHKIN AND THE REST OF TEAM RUSSIA AS HOCKEY LOOKS TO BE THE CENTRE FOCUS OF THE OLYMPIC GAMES IN SOCHI PAGE 32

Ten years old and already worried about looking cool

Facebook works to adapt among agile newcomers in social-media space PAGE 12

Gay councillor hopeful after meet in Sochi

Vancouver's deputy mayor feels positive after talking with the IOC on enshrining rights for LGBTQ people at the Olympic Games PAGE 6

Actor's death will not affect Hunger Games

Movie studios react in many ways to the deaths of actors, but loss of Philip Seymour Hoffman will require only a rewrite of one scene PAGE 14

Brain-dead mom keeps baby alive

Victoria, B.C. Woman was 22 weeks pregnant when she suffered a brain hemorrhage

If all goes to plan, the birth of his son will mean burying his wife.

Thirty-two-year-old Dylan Benson spends his days at Victoria General Hospital in B.C. beside the body of his wife, Robyn, which is being kept alive as the couple's to-be first-born son grows inside.

Robyn, 32, suffered a rare brain hemorrhage on Dec. 28.

She complained of a headache that morning and asked her husband to run to the store to get her some Tylenol. When he got home, she was unconscious on the bathroom floor.

"At the hospital they discovered that my wife had experienced a massive blood leak into the centre of her brain and that there was so much blood and pressure and damage that it was irreparable," Benson wrote on a blog.

She was brain dead. It is death, though the heart may continue to beat for some time with breathing machines.

Robyn was 22 weeks pregnant.

Benson and doctors decided to try to keep her body functioning as long as possible to give their unborn son time to grow and hopefully survive a caesarean section.

Benson plans to call him Iver Cohen.

"She was my rock," Benson wrote on a web page set up to raise funds. "She did so much for us, and I can't believe I won't get to talk to her again."

The Baby Iver Fund had raised nearly $50,000 by late afternoon, far surpassing its $36,000 goal.

The money will help with funeral expenses and cover Benson while he's off work now and with a new baby.

So far, Robyn's body has harboured the fetus for five weeks. The medical team is hoping the situation lasts until the fetus is 34 weeks old, about seven weeks from now, to improve chances of survival, Benson wrote.

Dylan and Robyn Benson in a family photo. Robyn died of a brain hemorrhage on Dec. 28, but doctors are keeping her body alive until the fetus she carries can be born. CONTRIBUTED/THE CANADIAN PRESS

"Knowing that sooner or later I will ('hopefully') be splitting my time between the (neonatal intensive care unit) with my newborn son and having to start grieving all over again and probably much harder … I can't describe the feeling but it's very overwhelming."

Life and death

"It is very difficult to know that our son will grow up never meeting his wonderful mother, and that we will have to say our goodbyes to Robyn within hours of seeing (baby) Iver for the first time."

Dylan Benson, writing on a blog

A recent case in Texas of a brain-dead pregnant woman became hugely controversial as the hospital refused to take her off life support, citing a Texas law that prohibits denying life-saving treatment to a pregnant patient, despite her family's wishes.

In January, her husband sued the hospital to remove her from life support. A court agreed and she was taken off life support on Jan. 26.

Professor Arthur Schafer, the director of the Centre for Professional and Applied Ethics at the University of Manitoba, said there are "striking differences" between the Texas case and the Bensons' situation.

There's the difference in law: While more than two dozen U.S. states, including Texas, have rules about taking pregnant patients off life support, Canada does not.

And the family's wishes in the B.C. case are in alignment with the medical team's plans.

"I don't see it as ethically problematic in any way," said Schafer. "Nor would it have been ethically problematic if for any reason (Benson had) said, 'She's dead, take her out of the ICU.'"

Udo Schuklenk, an Ontario Research Chair in Bioethics at Queen's University, agreed.

"If you could extract (the baby) from this dead body, why should you bury it with that body, given that the father wants it," said Schuklenk.

"It's a wonderful thing, if it all comes to be."

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Whitby

Water search yields no sign of missing man

Police say a search of a waterfront area in Whitby on Monday turned up no trace of a 52-year-old high school teacher who disappeared three weeks ago.

Jeffrey Boucher of Whitby was reported missing after it's believed he headed out for a morning run on Jan. 13.

Durham regional police conducted Monday's search with an underwater robot on loan from the Toronto police marine unit.

Investigators said Monday there have been no new developments in the case and the water search was a routine operation to explore all investigative options. CKRU/THE CANADIAN PRESS

Unifor

Union chief wants debate with Hudak

The president of Unifor, Canada's largest private-sector union, has challenged Progressive Conservative Leader Tim Hudak to a debate anywhere, anytime on Hudak's anti-union agenda and jobs plan.

Jerry Dias says the topics will be "how unions help create decent jobs" in Ontario and why the PC jobs plan doesn't add up."

Jerry Dias
TORSTAR NEWS SERVICE

But Tory labour critic MPP Monte McNaughton says Hudak will have no part in a debate.

TORSTAR NEWS SERVICE

Ford & Co. revealed in Crazy Town

Twitter Canada head Kirstine Stewart, left, talks to Toronto Star reporter Robyn Doolittle about her just-released book Crazy Town: The Rob Ford Story, Monday at the Bloor Hot Docs Cinema. Coun. Doug Ford slammed Doolittle's book Monday, telling reporters it's just another attack on his family. The book details the life and scandals of the mayor, including new allegations that he transitioned to using crack cocaine following the death of his father, Doug Ford Sr., in 2006, and that the Etobicoke family likened themselves to the Kennedys.

CENTRAL IMAGE AGENCY/FOR METRO

TTC gives pricey fare gates a test run

Presto. Transit officials trying to decide between new tech or retrofitting current turnstiles

In anticipation of electronic ticketing, TTC officials have been testing new fare-gate technology.

The gates that were demonstrated in Toronto are similar to those used on the London Underground, said TTC chief customer officer Chris Upfold.

A rider taps their electronic Presto card and the gate swings open with a sensor indicating when the rider has safely passed through the barrier.

But the TTC hasn't yet committed to buying new fare gates. It is still studying whether to introduce new barriers or continue retrofitting its existing turnstiles with Presto card readers.

"The plan right now is to retrofit like we've done at Union," said Upfold.

"Would we love new fare gates? Absolutely. But how much do they cost?"

A ballpark price for a new gate is $20,000, compared with about $8,000 for a retrofit, said Upfold. The TTC is calculating the lifetime costs of the two options and ascertaining whether new gates can withstand Toronto's freezing temperatures.

The model demonstrated on Monday at the Direct Energy Centre was made by Scheidt-Bachmann, the same manufacturer that supplied Ottawa with Presto readers.

TORSTAR NEWS SERVICE

Torontonians prefer LRT: Survey

Politicians say Scarborough hearts are set on a subway. But the latest online survey suggests that given the facts, voters across Toronto, including those in the east end, would prefer an LRT.

- Leger Research found 61 per cent preferred an LRT, compared with 39 per cent who supported an extension to the Bloor-Danforth subway.
- Even in Scarborough 56 per cent backed the LRT, compared to 44 per cent who wanted a subway.
- City council has approved a subway to replace the RT at a cost of about $2.5 billion to $3 billion. But it had originally agreed to a seven-stop LRT for $1.48 billion, fully funded by the province.
- Toronto taxpayers will be on the hook for about $1 billion for the subway, the amount not provided by Ottawa and Queen's Park.

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Fair. Chinese medicine law not discriminatory: Court

A Toronto court has dismissed a constitutional challenge against Ontario's new law that regulates the traditional Chinese medicine industry.

In a decision released Friday, the Ontario Divisional Court ruled that there is no constitutional right to practise a profession.

"Even if there was such a right, there was no denial here, because by their own choice and for their own reasons, the practitioner applicants have not applied for registration under the Traditional Chinese Medicine (TMC) Act," said the decision.

Practitioners James Yuan and Jia Li, along with the Federation of Ontario Traditional Chinese Medicine Association, argued the law requires fluency in English or French, which discourages many highly qualified practitioners from getting licensed.

"It is clear that (the regulations) do not prohibit the practice of TMC in Chinese or in any other language. Language fluency requirements are also common to all other health professions in Ontario," the court said.

The act took effect in April, requiring all practitioners be licensed.

TORSTAR NEWS SERVICE

Homelessness campaign. 'Tis Tokens4Change time

Some of the volunteers from 2013's Tokens4Change. CONTRIBUTED

Statistics show that 20 percent of homeless people in Canada are between 16 and 24, and more than 40,000 young Canadians won't have a place to sleep tonight.

This is why four years ago, a group of young Toronto volunteers set out to raise awareness of homeless issues by creating Tokens4Change.

On Friday, 500 students from more than 14 GTA schools will turn the heads of commuters across 25 TTC and PATH locations, performing musical numbers, dance routines and presenting art installations.

Over the course of the day, these students will collect tokens and donations for transportation essentials that support resident programs at Youth Without Shelter.

Students will also perform in a noon show at ING Direct Café, where the KiSS 92.5 Street Team will be on location.

This year's goal is to raise $85,000. METRO

G20 vandal admits he was part of 'black bloc'

Sentenced. American Richard Dean Morano, 23, was part of group that violently disrupted peaceful demonstrations

American Richard Morano, disguised in black, smashes the window during the G20 protests. He was sentenced to seven months in jail. COURT EXHIBIT

An American who admitted to smashing store windows and throwing a stone at a police car during Toronto's G20 riots was sentenced Monday to seven months in jail.

Richard Dean Morano, 23, of Lackawaxen, Penn., admitted to being part of the "black bloc," a group who violently disrupted peaceful demonstrations while disguised in black clothing and masks, according to an agreed statement of facts.

He was also ordered to pay $3,000 in restitution and is banned from Toronto during his two-year probation.

"Freedom in thought and speech and disagreement in ideas and beliefs on every conceivable subject are of the essence of our life," Ontario Court Justice Marvin Zuker said. "Lawlessness by hoodlums is unacceptable."

In numbers

Richard Dean Morano was ordered to pay Graham Queen $1,000 in restitution and $500 each to CIBC, Tim Horton's, American Apparel and All Leather.

- The total damage he contributed to stands at $230,712.36 — including the police car that was eventually torched.

Det. Sgt. Gary Giroux, who led the police G20 investigation, would have preferred a harsher sentence but says he respects the court's decision.

"My issue is that American offenders came here with a very specific agenda — to do damage and cause chaos," said Giroux. "We have the Pan-Am Games coming next year and I want the criminal element in this particular culture to know that if you come to this city and conduct yourself in this particular way you will be found, you will be apprehended and you will be incarcerated."

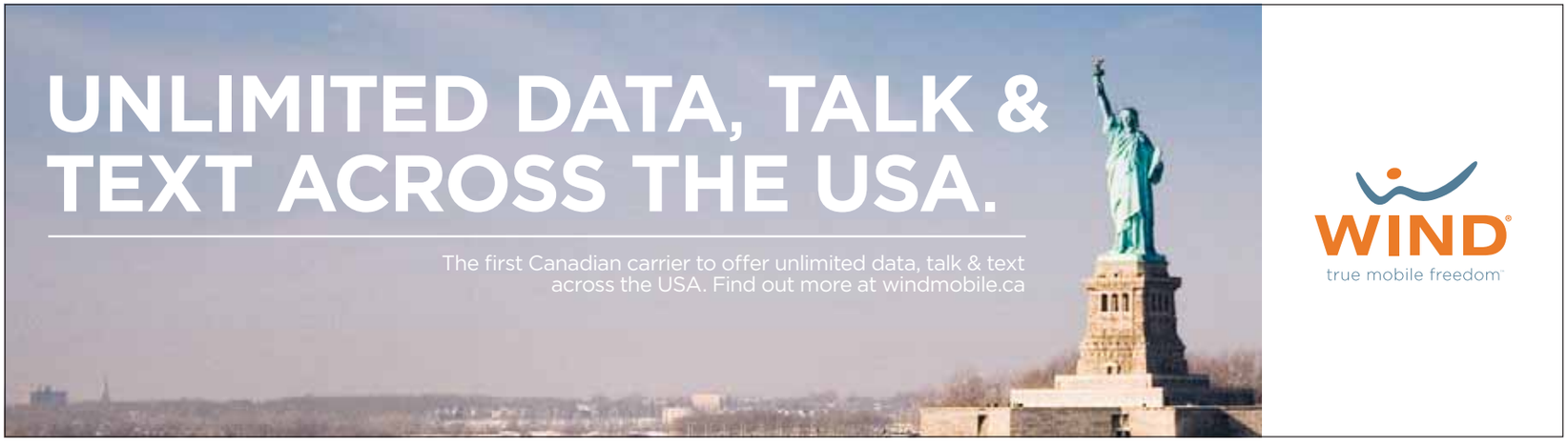
On June 26, 2010, the "black bloc" group swarmed a police cruiser driven by Staff Sgt. Graham Queen, one of the police cars later set on fire.

The officer was trapped in the car while the windows were smashed and he was struck in the back of the head "causing an injury not requiring further medical treatment."

Morano threw a rock at the cruiser that cracked the windshield as he went by. There is no evidence that he knew an officer was in the car, according to the agreed statement of facts.

As the group moved up Yonge Street, Morano used a piece of lumber, a fence and chairs to vandalize and smash in the windows of stores — including American Apparel, Starbucks and a CIBC — with employees still inside.

"I would like those responsible to understand that it was more than a faceless company they were vandalizing. There were actually people inside these buildings and workspaces they were smashing and damaging," said the Starbucks manager who described the panic and fear of staff and customers in the store that day in her victim impact statement. TORSTAR NEWS SERVICE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Chopped-down trees were a 'hazard': Developer

Resident blockade. Condo developer says ice-storm damage necessitated cutting of old trees on his site without a permit

A condominium developer says two mature trees were removed from a Lawrence Park site without a permit last weekend because they had been damaged by December's ice storm.

Arsalan Mohajer said his site manager and engineer acted on their own Saturday to remove the trees.

Neighbours and city Coun. Karen Stintz blockaded a truck loaded with trees until police arrived.

"They identified that this could pose a particular hazard because the trees were damaged through the storm," Mohajer said. "They decided that this would be a preventive measure."

He suggested applying to the city for a tree removal permit would take too long.

"Although the city is very much concerned about the permit process, these processes usually take a few months if not years," he said.

Making the cut

Under the city's tree protection bylaw, a permit is required to cut down or injure a tree with a diameter of 30 centimetres, about the same as a telephone pole.

- A person convicted of an offence can be fined a minimum of $500 and maximum of $100,000 per tree.

Mohajer's company, Parkset Developments Inc., filed a development application with the city Dec. 27 for a six-storey condo building at 41 Chatsworth Dr. in the Yonge-Lawrence area.

Because it's in an area of single-family homes, the proposed development requires amendment to the Official Plan and zoning bylaw.

The application is in initial stages. A community consultation meeting has yet to be scheduled. A preliminary planning report is expected to go to North York community council in April or May.

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Coun. Karen Stintz and some local residents prevented a truck from leaving a development site with a load of trees on Chatsworth Road on Saturday.
LUCAS OLENIUK/TORSTAR NEWS SERVICE

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Abuse, malnutrition killed Brampton boy, court hears

Shakeil Boothe, allegedly killed by his parents. TORSTAR NEWS SERVICE

A 10-year-old boy who died in the care of his father and stepmother was kept chained to his bed, stomped on and starved, prosecutors alleged Monday in the first day of the couple's murder trial.

Autopsy results showed "injuries on top of injuries" and open wounds on Shakeil Boothe's emaciated body, as well as clear signs of infection in his lungs and blood stream, Crown lawyer Kelly Slate told a Brampton court.

The boy's death was caused by a combination of blunt-force injuries, malnutrition, pneumonia and other infections, she said in her opening statement.

Shakeil's lifeless body was found on May 27, 2011, in the family's home, court heard.

The boy's father, Garfield Boothe, and stepmother, Nichelle Boothe-Rowe, are charged with second-degree murder.

Garfield Boothe was originally charged with failing to provide the necessities of life but that charge was later upgraded to second-degree murder.

Nichelle Boothe-Rowe was previously facing a manslaughter charge.

Shakeil left his grandmother's care in Jamaica in 2009 to come live with his father in search of a better life, Slate said. Instead, he was dead within two years of his arrival.

Boothe called 911 the afternoon of May 27 to report Shakeil wasn't conscious or breathing.

Paramedics testified Monday they found the boy lying in bed, frigid and stiff and foaming at the mouth, suggesting he had been dead for a while.

Kristy Eastwood told the court Shakeil met their standards for someone who is "obviously dead."

Tragic scene

"Once categorized as obviously dead, resuscitation is deemed futile."
Kristy Eastwood, paramedic

THE CANADIAN PRESS

Vancouver deputy mayor meets IOC execs to talk LGBTQ rights

Sochi. Meeting with IOC president's senior staffers proves hopeful

KATE WEBB
Metro in Vancouver

Jochem Farber (left), head of the IOC president's executive office, meets with Vancouver deputy mayor Tim Stevenson, IOC director of communications Mark Adams and former VANOC spokeswoman Maureen Douglas in Sochi, Russia, on Monday. COURTESY IAN JONES/IOC

It took Vancouver Deputy Mayor Tim Stevenson just three days after arriving in Sochi, Russia, to get what he came for: A meeting at the office of the president of the International Olympic Committee (IOC).

The openly gay city councillor travelled across the world with the full backing of his hometown, a former Olympic host city, to urge the IOC to add sexual orientation to its charter among other unacceptable forms of discrimination.

He came away hopeful it will do just that.

"I'm pinching myself a bit," he told Metro on Monday in a phone call from the subtropical Russian city, just hours after meeting with two of the IOC president's senior staffers.

"It's far more hopeful, and I am far more positive than I thought I would be."

Stevenson explained that the new president himself, German fencer Thomas Bach, is busy meeting with heads of state and his executive board until the Games kick off Feb. 7.

But Stevenson was thrilled regardless to be able to sit down for 75 minutes with Jochem Farber, the head of the president's executive office, as well as IOC director of communications Mark Adams.

"They basically said that with the new president, Bach, he is instituting a whole renewal program of the IOC and everything is on the table for discussion with the members, including sexual orientation," Stevenson said.

The sweeping review, known as "Olympic Agenda 2020," began in December and will be discussed in the coming days by the 100-plus members of the IOC. It will culminate in December with a huge conference and vote in Monaco. WITH FILES FROM THE ASSOCIATED PRESS

Quoted

"It's far more hopeful, and I am far more positive than I thought I would be."

Vancouver Deputy Mayor Tim Stevenson, on his meeting to urge the IOC to amend its charter to include sexual orientation.

CSEC chief denies privacy breach

The head of Canada's eavesdropping agency says an effort to understand airport wireless systems did not breach the privacy of Canadians.

John Forster told a Senate committee that Communications Security Establishment Canada (CSEC) was merely collecting metadata, or data about data, and not the content of messages.

A document obtained by CBC indicates the pilot project was intended to help the agency locate kidnappers and terrorists.

The CSEC slide presentation suggests information was taken from an unidentified Canadian airport's free Wi-Fi system over a two-week period.

Forster says the agency was trying to build a mathematical model to help determine a communication pattern at a public location, in this case an airport. He says the model has subsequently been used in at least two cases to identify legitimate foreign targets.

Ottawa-based CSEC monitors foreign computer, satellite, radio and telephone traffic of people, states, organizations and terrorist groups for information of intelligence interest to Canada. It is a key player in the Five Eyes intelligence network that includes partner agencies from the United States, Britain, Australia and New Zealand.

Some civil libertarians say the agency's metadata monitoring is worrisome because even such seemingly innocuous material can reveal a lot about a person, such as their location and who they are contacting

THE CANADIAN PRESS

CSEC Chief John Forster.
FRED CHARTRAND/THE CANADIAN PRESS

Dramatic increase

WHO predicts rise in cancer cases

The World Health Organization's cancer agency warns there will be 22 million new cases of cancer every year within the next two decades.

A report Monday estimated there were 14 million new cases in 2012, but predicted that figure would jump due to global aging and the spread of cancers to developing nations.

THE ASSOCIATED PRESS

Lev Tahor children

Kids must return to Quebec: Judge

An Ontario judge has ruled that children from an ultra-Orthodox Jewish sect, who left Quebec while social services was investigating the community, should be returned to that province.

Members of the Lev Tahor community were under investigation last year for issues including children's health and allegations that the kids weren't learning the provincial curriculum.

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Sochi. Stray dogs targeted for killing ahead of the Olympics

Stray dogs sit outside the Rosa Khutor Extreme Park course in Sochi, Russia. THE ASSOCIATED PRESS

Thousands of stray dogs have been living amid the mud and rubble of Olympic construction sites, roaming the streets and snowy mountainsides, and begging for scraps of food.

But as the games draw near, authorities have turned to a company to catch and kill the animals so they don't bother Sochi's new visitors or even wander into an Olympic event.

Alexei Sorokin, director general of pest control firm Basya Services, told The Associated Press that his company had a contract to exterminate the animals throughout the Olympics, which open Friday.

THE ASSOCIATED PRESS

Defence. Heavy security, gay rights issue won't detract from Games: IOC

International Olympic Committee President Thomas Bach. THE ASSOCIATED PRESS

Heavy security and Russia's anti-gay law should not detract from the Sochi Olympics, IOC President Thomas Bach said Monday.

Bach also reiterated his defence of Russia's massive spending on the Winter Games, saying the money is going to the long-term transformation of the region.

Speaking at a news conference four days before the opening ceremony, Bach again voiced his backing for Russia's ability to deliver a safe Olympics amid threats of terror attacks by Islamic militants from the North Caucasus. Tens of thousands of military and police personnel have been deployed to protect the games, as well as warships, anti-missile batteries and drone aircraft.

THE ASSOCIATED PRESS

Student goes on shooting spree

Weapons of choice. In addition to the small-calibre rifle, the shooter was carrying a short-barrelled rifle

Police officers escort children away from School No. 263 in Moscow on Monday after an incident in which investigators said an armed teenager killed a teacher and a policeman before being taken into custody. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

A 10th-grade student with two rifles burst into his Moscow school on Monday, killing his geography teacher and a policeman in front of about 20 students, investigators said. His father played a key role in freeing those students before police stormed the classroom and took his son into custody, the city police chief said.

The student gunman also seriously wounded a second police officer who had responded to an alarm from the school, investigators said.

None of the approximately 400 children in School No. 263 at the time were hurt, said Karina Sabitova, a police spokeswoman. But students were so fearful that some ran from the building with their teachers without stopping to put on coats in below-freezing temperatures. The school in northeast Moscow is for children in grades one through 11.

The ethnic Russian teenager entered the school after threatening its security guard, who managed to hit an alarm before following the student to his classroom, said Vladimir Markin, spokesman for Russia's Investigative Committee, its main investigative agency.

"Without saying a word, he fired several shots at the geography teacher," Markin said.

The shooter fired at least 11 times from a small-calibre rifle, also killing one police officer and wounding a second, Markin said.

The youth's father was immediately called to the school. He spoke to his son on the phone for 15 minutes to try to persuade him to let the 20 or so students in the classroom leave, but the boy refused, Moscow police chief Anatoly Yakunin said in televised remarks.

The father, wearing a bullet-proof vest provided by police, then went into the classroom. About 30 minutes later, the trapped students walked out, leaving the father and son alone in the classroom, and police special forces stormed in, Yakunin said.

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RICK MERCER REPORT
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75 die in Central African Republic town

Violence erupts in Boda. Intense fighting breaks out in Bangui

Clashes between Muslim and Christian residents have left at least 75 people dead in a single town, a local priest said Monday, while heavy fighting broke out between rebels and peacekeepers in the capital.

In Bangui, Muslim militias engaged Burundian troops who returned fire in some of the heaviest fighting since France sent peacekeepers to its former colony in early December. Some 1,600 French and 5,000 African peacekeepers are struggling to keep a lid on the violence.

An untold number of people have been slain across the country since March 2013 when armed rebels overthrew the president, setting off sectarian violence.

Father Cassien Kamatari told The Associated Press on Monday that fighting had erupted in the town of Boda, outside Bangui.

Muslim victims were buried soon after the attacks so it was not known how many of them were also killed in addition to 75.

THE ASSOCIATED PRESS

Surrounded by fighting

"What we are living through in these communities is horrific."

Father Cassien Kamatari, priest from Boda, Central African Republic

Men take cover as heavy gunfire erupts in the Miskin district of Bangui, Central African Republic, Monday. JEROME DELAY/THE ASSOCIATED PRESS

Cairo

Egyptian TV airs video of Al Jazeera journalists' arrests

Accompanied by a dramatic music score, an Egyptian TV channel has aired a video of the arrest and initial interrogation of two Al Jazeera journalists, Canadian-Egyptian Mohamed Fahmy and Australian Peter Greste, at a Cairo hotel, escalating a campaign by the country's authorities against the network.

THE ASSOCIATED PRESS

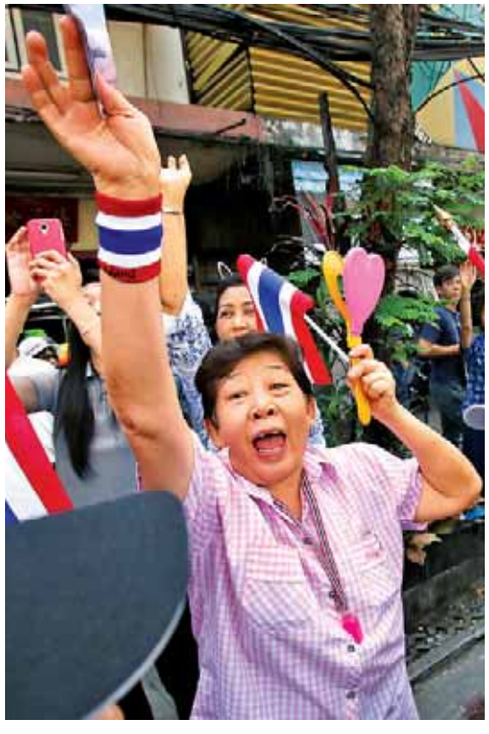
Muslim Brotherhood

Spiritual leader referred to trial

Egyptian prosecutors on Monday referred to trial the leader of the Muslim Brotherhood and 50 others on charges of inciting supporters to resist security forces during a deadly crackdown against them in August.

The prosecutors said Mohammed Badie, the group's spiritual leader, and his aides had planned to "bring down the state" and spread chaos.

THE ASSOCIATED PRESS



Pushing to nullify elections

Supporters of Thailand's anti-government protest movement are pictured waiting to catch a glimpse of leader Suthep Thaugsuban in Bangkok Monday. Protesters vowed Monday to stage larger rallies and push ahead with efforts to nullify an election they disrupted, preventing millions of people from voting. WALLY SANTANA/THE ASSOCIATED PRESS

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Greatest tale of survival at sea — if proven true

Survivor. Spanish-speaking man says he drifted 13 months across Pacific Ocean in a 7-metre fishing boat

It's a story that almost defies belief: A man leaves Mexico in December 2012 for a day of shark fishing and ends up surviving 13 months on fish, birds and turtles before washing ashore on the remote Marshall Islands thousands of kilometres away.

But that's what a man identifying himself as 37-year-old Jose Salvador Alvarenga told officials Monday a week after he washed ashore on the tiny atoll of Ebon in the Pacific Ocean.

Officials were reacting cautiously to the Spanish-speaking man's story while they try to piece together more information.

The soft-spoken man complained of joint pain and had a limp but was able to walk. He had long hair and a beard, and rather than appearing emaciated he looked puffy in places, including around his ankles. Otherwise, he seemed in reasonable health.

Gee Bing, the acting secretary of foreign affairs for the Marshall Islands, said he was somewhat skeptical of Alvarenga's account after meeting with him Monday. "When we saw him, he was not really thin compared to other survivors in the past," he said.

Bing said the man had no identification, and other details of his story remained sketchy.

THE ASSOCIATED PRESS

Other cases

There have been other cases of people surviving for months adrift.

- Three Mexican shark fishermen in 2006 said they were lost at sea for nine months before being rescued near the Marshall Islands.
- In 1989, four men survived nearly four months in the Pacific Ocean near New Zealand after their boat capsized.

Man facing jail time for cat-throwing video

Oscar the cat is pictured in Marseille, France, Monday. Officials say a 24-year-old man accused of injuring the kitten by throwing it against an apartment building, then uploading a video clip of the act on his Facebook profile, is being prosecuted for animal cruelty and faces up to two years in prison and a $40,500 fine. The Marseille SPA office says it is treating Oscar for a broken foot and a stomach injury suffered in the attacks, which occurred after the accused found the kitten on a street. The owner later recovered his pet and brought it to the SPA for treatment. CLAUDE PARIS/THE ASSOCIATED PRESS

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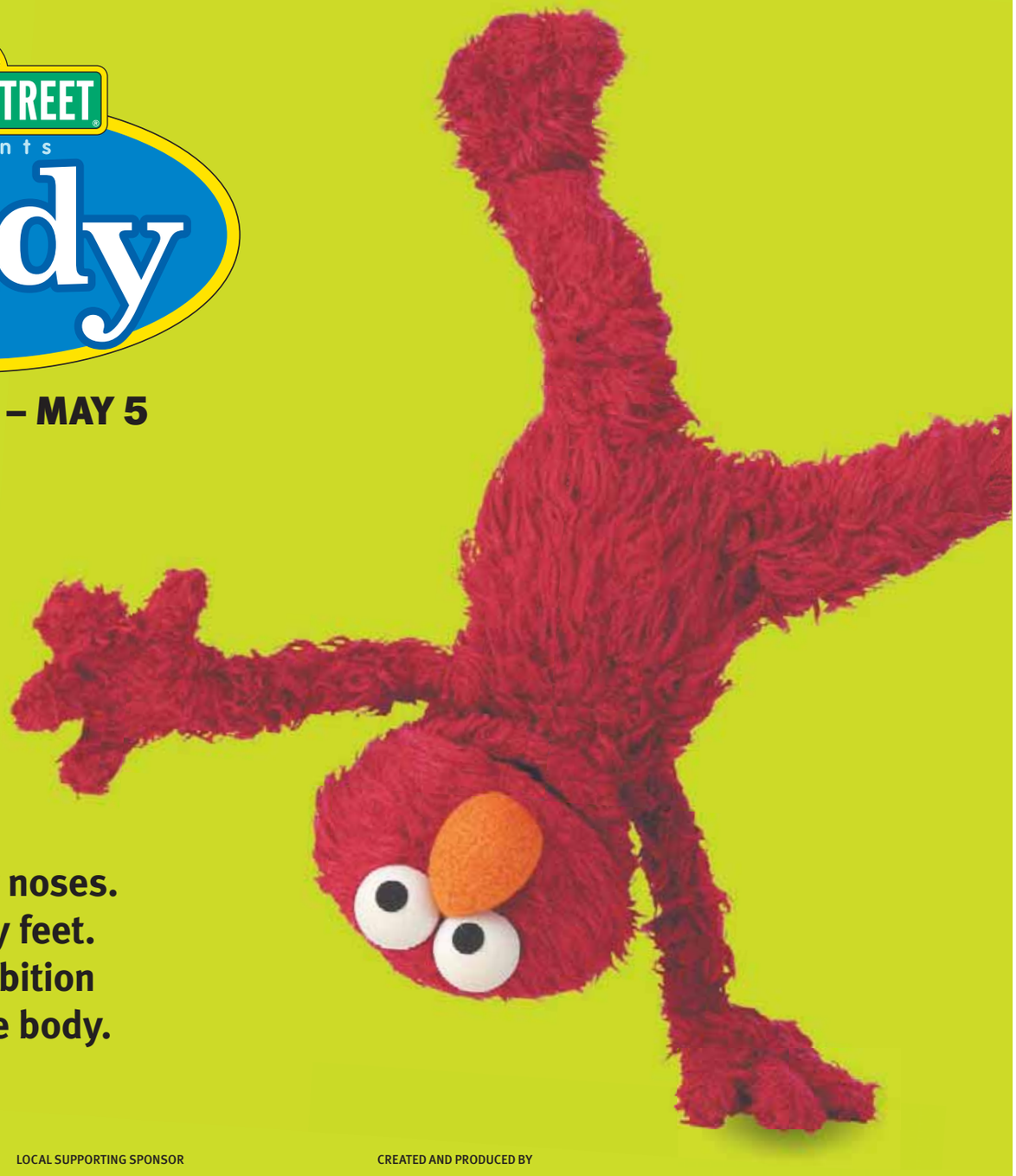

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Facebook CEO Mark Zuckerberg is seen at Facebook headquarters in Menlo Park, Calif., last April. JUSTIN SULLIVAN/GETTY IMAGES FILE

Growing pains as Facebook turns 10

In an awkward phase.
As the social media site enters its tweens, it aims to be effortlessly hip as whippersnappers like Snapchat bite at its heels

KIERON MONKS
Metro World News in London

When a 2013 academic paper suggested Facebook could swiftly go the way of MySpace, the social media giant was able to laugh off the claims, showing that its client base was growing while the university in question was sliding.

Marking 10 years today, Mark Zuckerberg's baby has reasons to celebrate. Over one billion of us now hold accounts, with a steady increase in monthly users in every region of the world. Stock value has soared past $150 billion after a disastrous initial flotation.

Yet there are growing threats to the global leader.

Facebook's recent output — including recent apps such as Paper, which makes reading easier and integrates with Instagram and Messenger, a no-frills riff on Snapchat — shows the company is aware its crown is slipping in a white-hot competitive market.

Teenage users are down 25 per cent in the last three years, and the company's own research highlighted "decrease in daily users, specifically among teens" as a leading concern. The classic formula is no longer enough, and the company is responding with creative gambles.

Zuckerberg himself suggested it would take the next "three to five years" to transition from web to mobile company, in which time rivals such as Twitter and Instagram could have continued their rapid expansion alongside new competitors.

Staying on trend

"Facebook is under massive pressure to keep changing and I expect to see a vast new ecosystem of standalone apps for different purposes."

Matthew Rhodes, digital-strategy consultant

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Market Minute

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TSX 13,486.20 (-208.74)

OIL $96.43 US (-$1.06)

GOLD $1,259.90 US (+ $20.10)

Natural gas: $4.96 US (+$0.11)
Dow Jones: 15,372.80 (-326.05)

PUTTING SEXY BACK IN SEXAGENARIAN

SHE SAYS

Jessica Napier
metronews.ca

I've always hated the phrase "a woman of a certain age." It implies that once a woman has reached a point in her life when she is no longer considered youthful, her exact age is simply unspeakable.

Many of my friends are turning 30 this year (although some prefer to think of it as the first anniversary of their 29th birthday) and while I still have a while to go before I hit that milestone, I've already started noticing some of the inevitable signs of aging. At my mother's insistence, I recently began a nightly ritual involving anti-aging creams infused with retinol and other gravity-defying serums that I'm convinced have a bigger impact on my bank account than my face.

In honour of her 60th birthday, Christie Brinkley appeared on the cover of this week's People magazine looking absolutely flawless — albeit a bit unnaturally smooth — clad in a bold one-piece bathing suit.

Part of me wants to believe that there is an aging portrait of Brinkley rotting away in an attic somewhere, but the blond bombshell insists that her mostly vegan lifestyle and a "joie de vivre" are what keep her looking like a fresh-faced supermodel. Plus her rigorous exercise routine, monthly facials, numerous hair extensions and, of course, a little help from Adobe Photoshop.

Brinkley isn't the only sexagenarian baring her body in the news this week. American Apparel — a clothing retailer renowned for their envelope-pushing campaigns featuring lithe bodies in leotards — recently revealed a new lingerie ad featuring 62-year-old model Jacky O'Shaughnessy. Unlike Brinkley's magazine cover, this image shows a woman with grey hair, lines on her face and folds in her stomach, and she still looks like a total babe. O'Shaughnessy probably has incredible genetics on her side and — if I had to guess — a lifetime dedication to sunscreen, but looking at these striking images of a silver-haired beauty in lace underwear and bright red lipstick gives me hope for the future.

It's refreshing to see women like O'Shaughnessy in the media embracing their age rather than desperately trying to reconstruct their face into some unrecognizable Botox-filled version of their former selves. The older women in my life are some of the most beautiful people I know. Not because they are trying to look younger and deny their true age, but because they take pride in their appearance. When my great aunt passed away last year I can remember admiring how elegant she looked in the hospital bed dressed in her finest pearls, nails polished and her hair immaculately coiffed.

Aging can be a difficult process to come to terms with, but I would rather be who I am now than turn back the clock 10 years. I'll accept that teenage pimples give way to adult wrinkles and feel fortunate that I have such great memories behind each and every laugh line.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Brazil's dark cloud makes waves

NASA

Microscopic life

An ominous-looking dark blotch has been spotted stretching 800 km along Brazil's Atlantic coast.

The black formation, pictured by Aqua, a NASA satellite that monitors Earth's water cycle, is actually a bloom made up of microscopic animals known as Myrionecta rubra. Viewed close up, the bloom is red, but a distortion of light on the water means it looks black from orbit. **METRO**

What is marine bloom?

- **Definition.** Fast accumulation in the population of algae in water.
- **Concentration.** Up to millions of cells per millilitre.
- **Cause.** Result of an excess of nutrients into waters. Higher concentrations of these nutrients lead to increased growth of algae and green plants.

Microorganisms steal from algae

Living a metre below the water surface, Myrionecta rubra are dubbed the thieves of the microbial world: Using a "straw," these fast-swimming unicellular organisms suck out chlorophyll from other algae, and then use the pigment for photosynthesis in order to obtain energy. However, Myrionecta rubra are not known to be toxic to other marine life or humans. **METRO**

Risk factor

Certain algal blooms can threaten other aquatic organisms and the safety of human drinking water. Blooms can cause damage by blocking sunlight and depleting oxygen required by other aquatic organisms, as well as produce potent toxins that can cause adverse health effects to wildlife and humans. **METRO**

Clickbait

DYLAN ROBERTSON
For Metro online

Planning your next vacation to a foreign land? These audio-translation apps may come in handy. Use your phone to order a beer, speak with cab drivers and even find sunscreen. Instant translation is literally in the palm of your hand.

Vocre:

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Google Translate:

This app lets you translate text instantly between 80 languages. You can also draw words in foreign scripts, like Cyrillic or Chinese, and have the text typed out. Free for iOS and Android.

Twitter

A man says he left Mexico this past December for a day of shark fishing and ended up spending 13 months surviving on fish, birds and turtles before washing ashore on the Marshall Islands thousands of kilometres away. How would you survive on the seas?

@MeToddScott: in the Pacific there are tonnes of plastic. They create mini reefs for fish. A net fragment and I'm in business.

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Comments

RE: Video: Light humour, emotional ads rule Super Bowl, published online Monday, Feb. 3, 2014

Not a single one of these commercials made it to our TV. There was a Bell ad, several Rogers ads, and a bunch of 1-4 year old commercials such as the Mountain Dew one where the guy's spine should be crushed from the head-first collision.

ijdfc, posted to metronews.ca

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SCENE 2

DVD review

Dallas Buyers Club

Director. Jean-Marc Vallee

Stars. Matthew McConaughey, Jennifer Garner, Jared Leto

Matthew McConaughey becomes a hero to the afflicted and a villain to outraged authorities in this fact-based 1980s story of a Texas rodeo playboy who refuses to go quietly after HIV cuts him low. McConaughey lost some 40 pounds for the role of redeemable rogue Ron Woodroof, playing him with a faultless blend of vinegar and honey. Jared Leto is the other hero of this David versus Goliath drama, directed by Quebec's Jean-Marc Vallée. McConaughey and Leto have both been nominated for Oscars, deservedly so, at the March 2 Academy Awards.

PETER HOWELL

Investigation

Police confirm heroin found at Hoffman's house

A law enforcement official says tests have confirmed there was heroin in at least some of the dozens of plastic packets in a New York City apartment where Philip Seymour Hoffman was found dead.

Officials are working to determine whether the drug was mixed or tainted with anything else. An autopsy was being conducted Monday. Police have been investigating Hoffman's death as an apparent overdose.

THE ASSOCIATED PRESS

Hoffman's Hunger Games role to remain untouched

'Devastating loss.'
Actor's castmates and co-workers mourn loss, but Hoffman's role in his final films will remain intact save for a small rewrite

RICHARD CROUSE
scene@metronews.ca

Philip Seymour Hoffman played Plutarch Heavensbee in Catching Fire and the upcoming Mockingjay Part 1 and 2.
CONTRIBUTED

The news of Philip Seymour Hoffman's sudden passing was met with a heartfelt outpouring of grief from fans and those who worked with him.

"Philip Seymour Hoffman was a singular talent and one of the most gifted actors of our generation," Lionsgate, the studio behind the upcoming Hunger Games: Mockingjay Part 1 and 2, said in a written statement. "We're very fortunate that he graced our Hunger Games family. Losing him in his prime is a tragedy, and we send our deepest condolences to Philip's family."

Hoffman played head -games-maker-turned-rebel leader Plutarch Heavensbee in the successful series. It is a pivotal role. In the wake of the actor's death, questions arose as to whether the uncompleted blockbusters-in-waiting would be completed in time for their scheduled November 21, 2014 for Part 1 and November 20, 2015 for Part 2 release dates.

Hollywood studios have handled the sudden death of cast members in many different ways. In some cases, films are even abandoned.

Production on Something's Got to Give was shut down permanently after Marilyn Monroe's August 1962 barbiturate overdose.

Dark Blood, River Phoenix's final film, was put into cold storage when the young actor died before filming several crucial scenes. But both movies were eventually resurrected. The documentary Marilyn: The Final Days used footage from Monroe's aborted film while Dark Blood sat for 19 years before being finished and shown at film festivals.

Father and son Bruce and Brandon Lee both died early, leaving behind unfinished films. The elder martial arts legend had completed 100 minutes of The Game of Death when a cerebral edema took his life. Even more tragically, Brandon was killed on the set of The Crow in an accident involving a prop handgun. Both films were salvaged with the use of stand-ins.

When Oliver Reed collapsed of a heart attack at a Malta pub after out-drinking a group of Royal Navy sailors, the editing crew of Gladiator replaced him digitally in the remaining scenes of the film.

More recently, Heath Ledger unexpectedly died during the production of The Imaginarium of Dr. Parnassus. He was replaced in the surreal story by three actors."I just started calling friends of Heath," director Terry Gilliam said. "It's as simple as that."

"Johnny (Depp), Colin (Farrell) and Jude (Law) turned up. It was important that they were friends, because I wanted to keep it in the family. I wanted people who were close to him because, as Colin said when he was doing his part, he was channelling Heath part of the time, so Heath was very much still alive in some sense."

As for the upcoming Hunger Games films, reports now confirm that Hoffman completed work on Part 1 and had just seven days left of shooting on Part 2.

His absence will not require any recasting, just a rewrite of one scene. And so Mockingjay Part 2 becomes the final film in Hoffman's remarkable career.

"Words cannot convey the devastating loss we are all feeling right now. Philip was a wonderful person and an exceptional talent, and our hearts are breaking," reads a statement released by The Hunger Games author Suzanne Collins, the films' director Francis Lawrence, producers Nina Jacobson and Jon Kilik and star Jennifer Lawrence.

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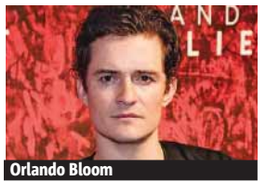
Romance in full Bloom for Orlando?



Orlando Bloom

While Orlando Bloom has been enjoying possibly the most amicable divorce in Hollywood history with his split from Miranda Kerr, he also appears to finally be entertaining new prospects again. Bloom was spotted recently at L.A. bar the Roger Room with French actress Nora Arnezeder, and though he was on his best behaviour sources could tell something was up, according to People magazine. "Orlando was there just with a girl and not in a group," a source says. "He knew that there were paparazzi outside so he was being very careful about his behaviour with her." The pair later shared a ride home on his motorcycle.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Think Miley's act is offensive? She doesn't give a Cyrus

MELINDA TAUB
Metro World News

Miley Cyrus could either be the next Madonna or the next Howard Hughes. The next Michael Jackson or the next, well, Michael Jackson. In other words, she could be an enduring superstar or completely flame out, and a new profile by Ronan Farrow (who knows a few things about growing up in a celebrity bubble) in W makes both possibilities seem equally likely.

Among the details we learn about Miley: She apparently hates to leave her house, doesn't listen to people unless they're talking about music, and relates strongly to Blanche Dubois, the mentally frail heroine of A Streetcar Named Desire.

Some of the things Miley doesn't like to listen to are the accusations that her act, which frequently involves spanking and groping women of colour and little people, is offensive. "I don't give a s—," she says. "I'm not Disney, where they have, like, an Asian girl, a black girl, and a white girl, to be politically correct, and, like, everyone has bright-coloured T-shirts. You know, it's like, I'm not making any kind of statement. Anyone that hates on you is always below you, because they're just jealous of what you have."

Probably it's not a great idea to respond to accusations of racism with, "You're below me." That could be misconstrued. Or correctly construed.

Miley's own cast, though, also spoke out in her defense.

"When she grabs my boobs, we're just having fun," little person Brittney Guzman says. "It's not degrading."

"We're just having fun" has never sounded so creepy.

Twitter

@LilTunechi
Girl ya know I luv ya and I care 4 ya I got sum new shoes and a bag of hair 4 ya

@WhitneyCummings
Stop saying some random dumb thing is "everything" because then I have to sit there and exert all this energy trying not to roll my eyes

@JuddApatow
Whenever they show a hairy man's back on a commercial as a punch line I feel sad because I am always hairier than them.

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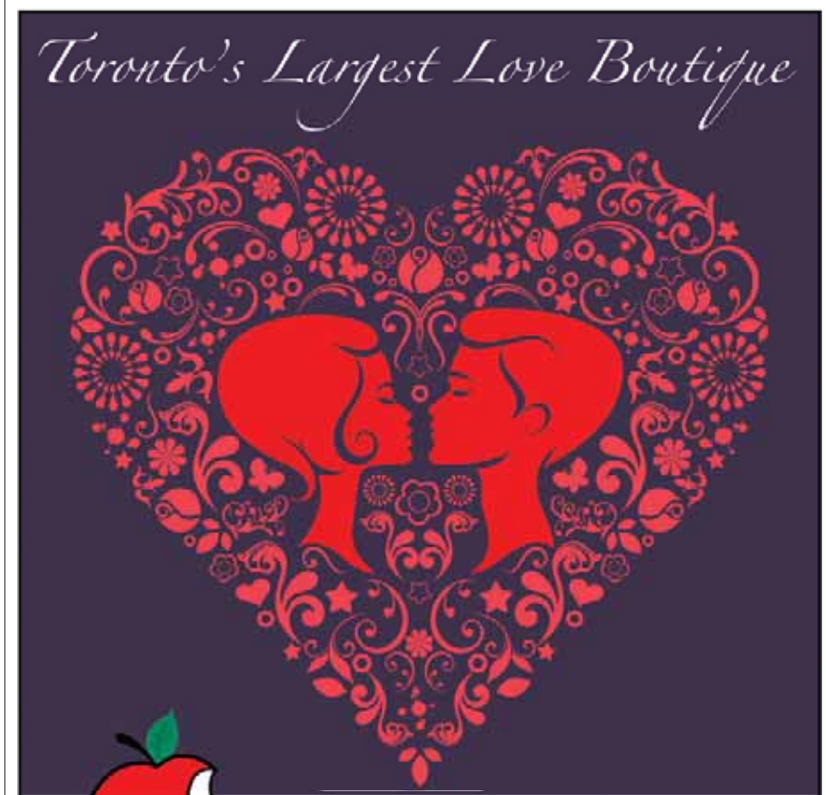

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Don't let your 2014 resolutions fizzle out

One month in.
Whether it's working out or breaking a habit, there are ways to get back on track

MELISSA DUNNE
life@metronews.ca

You are likely to slip but dust yourself off and try again. ISTOCK

Mark Twain saw the glass as half empty in terms of New Year's resolutions. In January 1863, he wrote "Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

It turns out the great American writer wasn't far off the mark. Research by John Norcross, a professor of psychology at the University of Scranton, found 29 per cent of resolvers had already failed 14 days in and by February that number jumps to 36 per cent.

Mere hours into Jan. 1, I was guzzling Diet Coke straight from a bottle left over from a holiday party, though giving up the stuff was my resolution.

Like many Canadians, my desire to stick to my New Year's resolution quickly fizzled.

The first mistake I made in January was failing to modify my environment, says Norcross. Having soda in the house was akin to walking outside in six-inch heels after a polar vortex and expecting not to slip.

On Jan. 2, I should have poured the pop down the drain, not down my throat. But my will to try went flat and I was back to drinking about two litres of caramel-coloured, aspartame-spiked, carbonated syrup per day.

This was another classic resolver mistake.

"A little slip is not a total fall," said Norcross, a man who has literally written the book on making changes stick.

You will slip. The trick is to dust yourself off and try again, not lie on the ground surrounded by empty pop bottles. Norcross points out a study that showed 71 per cent of eventually successful resolvers said their first slip actually strengthened their resolve.

On Jan. 9, I resolved to white-knuckle my bête-noire anew, determined not to turn red from the embarrassment of failing this time.

So far, I have crushed my habit like those thin aluminum cans that used to fill my recycling bin. While Norcross' research shows by Canada Day 56 per cent of resolvers have given up, that means 44 per cent are still bubbling with optimism.

Twain be damned, in 2014 I'm going to see my glass as half full of soda ... water, thank you very much.

Get back on track

Have you already given up on your resolution for 2014? Get back on track with some tips from John Norcross, the author of Changeology.

- **Haters to the left.** Surround yourself with family and friends who support you and your goal.
- **Learn from the past.** Understand why you slipped and recommit.
- **Bribe yourself.** If at the end of every week you have stayed the course, reward yourself with anything from a pedicure to concert tickets.
- **Keep track.** Seeing your progress in black and white will keep you motivated.

For your phone

Carrot Fit (iPad, $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

A vengeful, talking computer monitors your weight loss in this darkly comedic fitness parody. Each day you type in your weight, Carrot reacts with outlandish insults and playful effects. Hilarious.

Half-Off

Elisha is now four weeks into her plan to lose 10 pounds in six weeks. But she's at an all-inclusive resort in Mexico on an emergency winter vacation. Will the all-day buffet and open bar do her in? Visit metronews.ca/voices/half-off to find out.

How's your breath?

Have you ever wondered how your breath smells?

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If interested please contact Terry Stavroullakis at alexander.stavroullakis@mail.utoronto.ca or at 647-629-8794 to see if you are eligible.

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metro
News worth sharing.

Is breakfast making you pack on pesky pounds?

A salad for breakfast? Don't rule it out. ISTOCK

Keep blood sugar stable. Opt for low-glycemic-promoting foods

LINDA CLARKE
Metro World News in New York City

Breakfast is the most important meal of the day, so you better do it right. According Dr. Rob Kominiarek in Ohio, if you don't choose wisely, you could be packing on the pounds before noon rolls around.

"The healthy breakfast is made of foods that don't raise your blood sugar," says Kominiarek. "Foods that raise blood sugar then raise insulin, and insulin is the fat-storage hormone.

"It tells the body to store fat. Foods that keep blood sugar stable are foods that enable us to use the available blood sugars and even stored fat."

To maintain stable blood sugars, choose low-glycemic promoting foods, like fresh vegetables (yes, even for breakfast) and fruits.

And opt for whole grains, as unprocessed as possible. Processed food is more easily broken down in the body, releasing sugars more quickly into the blood stream. Rolled oats, for instance, are more quickly digested into sugars than steel cut oats, or whole oat groats (grain).

Kominiarek says it doesn't matter what time you eat breakfast, as long as you "feel good throughout the day" and "follow up with healthy meals through the day."

Test your knowledge

Which breakfast promotes blood sugar spikes and possible weight gain?

- **A.** Scrambled eggs with peppers on arugula with 10-grain bread, avocado and a cup of berries.
- **B.** Steel-cut oats with added flax, walnuts and a cup of berries.
- **C.** Rolled oats with a cup of berries and a glass of orange juice.
- **Answer.** "The answer is C," says Kominiarek. "In a Harvard study, people who ate C, ate 80 per cent more food later in the day than breakfast A. Breakfast B led to eating 51 per cent more food later in the day than A."

Best Health Minute

Ways to love your heart

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

February is Heart Month. Honour your cardiovascular health by following these simple strategies for a healthier heart.

Have oatmeal for breakfast
Oatmeal is packed with healthy nutrients including beta-glucan, a soluble fibre that keeps bad cholesterol at bay. Choose old-fashioned or steel-cut oatmeal over instant varieties for the biggest benefit. For a breakfast that packs a heart-boosting punch, combine your oats with ground flaxseed and antioxidant-loaded berries.

Stop smoking
Quit this habit and your heart will thank you. Smoking dramatically raises your risk of death from cardiovascular disease. But just a year after you stop, your chances of a smoking-related heart attack will be reduced by half. After 15 years, your likelihood of dying from a heart attack will be the same as someone who never smoked. Breaking an addiction is never a cinch. But a combination of counselling and medication to deal with withdrawal symptoms can help you succeed.

Get a little daily exercise
Regular exercise cuts your risk of heart disease and stroke. How much is enough? Adults should aim for 30 to 60 minutes of physical activity per day. But your body benefits just as much by doing it in 10-minute installments, so small changes like parking two blocks from the office will make a huge difference. Keep this in mind if a regular exercise program seems too daunting. For instance, 10 minutes of taking the stairs instead of the elevator, a brisk 10-minute walk in the morning and another in the evening add up to your daily minimum. **BEST HEALTH MAGAZINE IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.**

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What's crunchy, healthy and goes on everything from pizza to pasta?

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Brain food and then some

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You've seen the chain email that shows walnuts were created in the shape of your brain because they are brain food. And that carrots when cut into rounds look like eyes and are coincidentally good for eyes.

Google it! Kind of cool little quirky facts to kick around.

But the truth is, walnuts are good for lots more than just brains. They are also good for making ho-hum sandwiches, omelets, pastas and salads turn into amazing meals!

• Walnuts have been shown to reduce inflammation overall due to their good fat content.

• They contain high amounts of Omega 3, which has been shown to reduce the incidence of Alzheimer's, depression and ADHD, among other things.

• Walnuts are one of the highest anti-oxidant nuts.

• Consumption of them has been linked to reduced risk of diabetes.

• One study says that they can reduce the stress related to high blood pressure.

Creative ways to use walnuts

• Toss whole and raw into salads.

• Toast and use in place of croutons in soup.

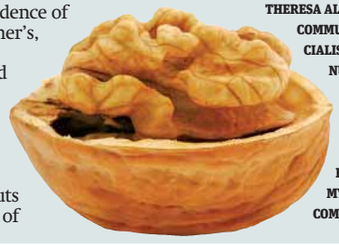
• Grind and add to pastry dough or shortbread.

• Puree into hummus.

• Use as a base for blue cheese appetizers.

• Make a gremolata and use everywhere.

Walnuts pair well in both sweet and savoury applications, plus their crunch and nutrients are good for your brain ('cause that's the way they are shaped — ha!).



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Gremolata is just one of the creative ways in which you can use walnuts. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

If you go too far and end up pureeing the nuts in the blender, add some Parmesan cheese and call it a pesto.

A quick pulse is really all you need to chop the nuts and keep them whole to make this topping known as Gremolata.

Traditionally, lemon zest is the key ingredient and the others, as well as their proportions, are as flexible as your imagination.

Once made, this keeps in the fridge for a couple of weeks and jazzes up every salad, sandwich, pasta, dip, flatbread, pizza... You get the idea: use it to death!

1. Add all ingredients to a blender or mini-chopper and pulse until coarsely chopped. Store in fridge in a covered jar for up to 2 weeks.

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FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1/2 cup flat leaf parsley (ensure that it is rinsed and dried very well)
- 1/2 cup walnuts (toasted lightly in a dry pan)
- 1 clove garlic (minced)
- 1 tsp lemon zest
- Pinch of coarse salt
- 2-3 tbsp extra virgin olive oil

Warm up with Arugula and Spinach Salad

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

With warm mushrooms and melting cheese, this salad makes for the perfect winter dish.

Use any variety of mushrooms you like. The key is to cook the mushrooms on a medium-high heat until all the moisture evaporates.

You can sauté the mushrooms and mix the dressing up to a day in advance. If you do, dress just before serving.

1. Lightly coat a nonstick skillet with cooking spray and sauté the mushrooms over medium heat for about 8 minutes, or just until they are no longer wet and are slightly browned. Respray pan or add 2 tbsp (30 ml) water if mushrooms begin to burn. Keep warm.

2. Dressing: Whisk together the olive oil, balsamic vinegar, mayonnaise, honey, garlic, mustard, and salt and pepper.

3. Place the spinach, arugula, sautéed mushrooms and Parmesan in a large serving bowl. Pour the dressing over the salad and toss. Serve.

Ingredients

Salad
- 3 cups mushrooms, halved
- 4 cups baby spinach
- 4 cups arugula
- 1/2 cup grated Parmesan

Dressing
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp reduced-fat mayonnaise
- 2 tsp honey
- 1/2 tsp finely chopped garlic
- 1/2 tsp Dijon mustard
- pinch of salt and pepper

This recipe serves four. ROSE REISMAN

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Get your financial future in shape

Savings advice. Two main vehicles available as you map out personal financial goals

YLVA VAN BUUREN
For Metro

"Every January, Canadians start thinking about getting fit. And every February, even though we should be thinking about it all year, most Canadians start thinking about retirement," says Dean Owen, a Saskatoon-based financial adviser with Advocis, the Financial Advisors Association of Canada.

Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA).

RRSPs were introduced by the federal government in 1957 to allow you to save for the future on a tax-sheltered basis. A big advantage is that contributions are tax deductible the year they are made, Owen said.

"And that gives you an immediate break on your tax bill."

But you will have to pay tax when you withdraw funds from your RRSP down the road. The amount is added to your income that year and taxed at regular rates. There may also be old age security clawbacks based on income.

"Withdrawing from your RRSP may push you into an income bracket where old age security is reduced."

The TFSA was introduced in 2008 and is also a registered account with the federal government. The benefit of a TFSA is that it allows your investment income and capital gains to grow tax-free, Owen said.

"You're never taxed on the growth, and any withdrawal is tax-free."

Also, TFSA funds will not affect eligibility for federal income benefits such as old age security.

The main disadvantage for many people is that TFSA contributions are not tax deductible when you contribute the money.

Contribution amounts

- **RRSPs:** 18 per cent of the previous year's earned income
- **TFSAs:** Up to $5,500 plus any unused contribution room from previous years (up to $5,000 annually from 2009 to 2012)
- Unused contributions for both can be carried forward

RRSP or TFSA?

It can be tough to balance the benefits against the disadvantages of both, Owen said. What's important is that you look at both in relation to your personal financial goals and situation.

"My general recommendation is that people with an income over $50,000 invest in both RRSPs and TFSAs. But if your income is below $40,000, an RRSP may not be your first or best choice."

Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA). BIKERIDERLONDON/SHUTTERSTOCK

Understanding RRSPs. Mistakes to avoid

TALBOT BOGGS
Smart Investing

The registered retirement savings plan (RRSP) is a popular vehicle for Canadians to save money on a tax-deferred basis for their retirement.

But RRSPs are not a retirement panacea, and there are a few things investors should be aware of and avoid when it comes to their plans.

"It's really important to understand RRSPs, their benefits, why you should contribute and what you shouldn't do," said Chris Buttigieg, senior manager of wealth planning strategy with BMO Financial Group.

"A lot of people make contributions but don't really understand some of the consequences of RRSPs, such as early withdrawals and benefits like tax-deferred growth."

Perhaps the biggest no-no associated with RRSPs is to withdraw money for any reason other than investing in the first-time homebuyers or lifelong learning plans, which allow you to withdraw certain amounts of money from your RRSP to buy your first home or go back to school and repay it within a certain period of time without paying tax.

Investors should be aware of RRSP mistakes and avoid them when it comes to savings plans. OLESYA FEKETA/SHUTTERSTOCK

The government taxes other early withdrawals very heavily. And there are other penalties.

Once you withdraw the money it is considered income and will be added to your total income, which you are taxed on as well.

Once you have withdrawn the money it is removed from the contribution room available to you and you cannot re-contribute it later. If you have $30,000 contribution room and take out $15,000, you are left with only $15,000 of contribution room.

And once the money is out you have to start over again to save it and you lose the compounding growth that you could have received if it had stayed in.

Many RRSP investors make their contributions to get their tax refund but end up leaving the money sitting in cash where it will make little or no interest. It makes sense to talk to a financial adviser about building a portfolio in your RRSP to maximize gains and limit risk.

"Once you've made your contribution and get your refund why not apply it to some debt like a mortgage or invest it in a tax-free savings account — it's like hitting two birds with one stone," Buttigieg said.

Many people also do not pay attention to their notice of assessment from the tax department after they have filed their income tax, which shows their RRSP deduction limit. You can overcontribute up to $2,000 for a year, but after that you are assessed a one per cent per month penalty.

Many people also overlook dedicating a beneficiary for their RRSPs.

If an RRSP holder dies and does not have a designated beneficiary such as a spouse, partner or dependent children, it can be transferred to the individual's estate and becomes subject to probate fees. It also becomes fully taxable.

"A lot of people simply make the mistake of not thinking about their retirement goals early enough in life and not developing a strategy for what to do with their RRSP savings," Buttigieg said.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Don’t forget, the RSP contribution deadline is March 3.

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As a newcomer to Canada, you may be considering ways to start your own business. This can be exciting, but it can also be demanding. When you are new to Canada, knowing what is involved and finding the right information is important. Here are some tips that can help make your business vision a reality:

Start with a plan
Business planning is important for anyone starting a business. This is a written document that describes your business and shows potential investors or lenders that your idea has the potential to succeed. It also helps you plan for the future growth and development of your business. Canada Business Ontario offers a free Business Plan Guide that is available in over 10 different languages.

Determine what is involved
To complete your business plan, it is important to understand the start-up requirements. Licensing, registration and tax accounts may be needed before you can open your doors. To determine what steps will apply to your specific idea make sure you have a clear understanding of what the business will be. Many of the requirements will be based on the individual choices you make about your business type, location and structure.
NEWS CANADA

Get the right information

Finding the right information can involve a lot of time and research. Canada Business Ontario is there to help make it easier for you.

- This Government of Canada service offers information on federal and provincial business programs, services and regulations at no charge.
- The Business Guide for Newcomers to Canada is designed to help entrepreneurs who are new to Canada learn about starting a business.
- The guides are free of charge and business information is available in English or French, by calling 1-888-576-4444. You can also contact them for access to free secondary market research.

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Feel like fashion's doors are clothes-ing?

Don't dis-dress! The Canadian Arts and Fashion Awards are clearing the runway for fashion's up-and-comers

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Vicky Milner, managing director of the inaugural Canadian Arts and Fashion Awards

What: The Canadian Arts and Fashion Awards (CAFA) encourage the economic development of the Canadian fashion industry's emerging entrepreneurs, and celebrate homegrown designers.

Why: "Fashion design is an art form. It's not an easy industry by far. I have such respect for designers who have to create something new over and over again. That's why this is important and why we want to help Canada's fashion players."

The Canadian Arts and Fashion Awards brought together the who's-who of Canada's fashion elite on Saturday. GEORGE PIMENTEL/WIREIMAGE

Fashion can be a cruel mistress and an even crueler accountant.

For talented fashion entrepreneurs in Canada, finding investors and getting noticed can be a challenge.

The design industry, like many others, is full of innovators hoping to make it to the front row but finding it difficult to sew up (pun intended) big deals and big money.

Enter the inaugural Canadian Arts and Fashion Awards (CAFA), where emerging and established designers have a night of their own to shine. The gala, held on Saturday at the Fairmont Royal York Hotel, acts as an endorsement of Canadian excellence, and is the first of its kind to celebrate styling, fashion and modelling across Canada.

"At the core (CAFA) is about economic development. By raising awareness, it's like a trickle-down effect," says managing director Vicky Milner.

"People will meet and know designers. Buyers will be interested in Canadian designs and create more opportunities and jobs in Canada."

Talent is obviously in abundance north of the 49th parallel (think Dean and Dan Caten, David Dixon and the Mimrans), which is why the organization's Emerging Talent Award (and $10,000 prize) is crucial. The money can help designers launch their own brand without drowning in dreaded startup costs and subsequent credit woes.

"One of the things about fashion is that you have to order large quantities of things and when you're starting out your sales aren't going to be high and you have a large overhead," says Sarah Stevenson, this year's winner of the newcomer award.

"You're operating at a loss for years, which can be daunting. This (award) will definitely go towards my business and is huge because new designers need as much help as we can get."

With big box U.S. stores opening at such a rapid pace, there's no better time than the present to start a campaign to highlight Canada's fashion businesses.

"Now is an exciting time for retailers," adds Milner. "The climate here is changing and there's a lot more opportunities for people to take notice of our designs. It's important for us to applaud, notice and make a fuss about it."

E-laborate

- To learn more about other great organizations and firms across Canada dedicated to helping emerging fashion businesses, go to metronews.ca/mom-and-pop-shops.

A little cash in the closet

"At the core (CAFA) is about economic development. By raising awareness, it's like a trickle down effect."

Vicky Milner
Managing director of the Canadian Arts and Fashion Awards

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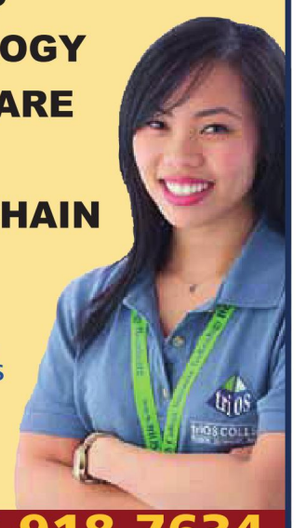

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HOW TO JUGGLE

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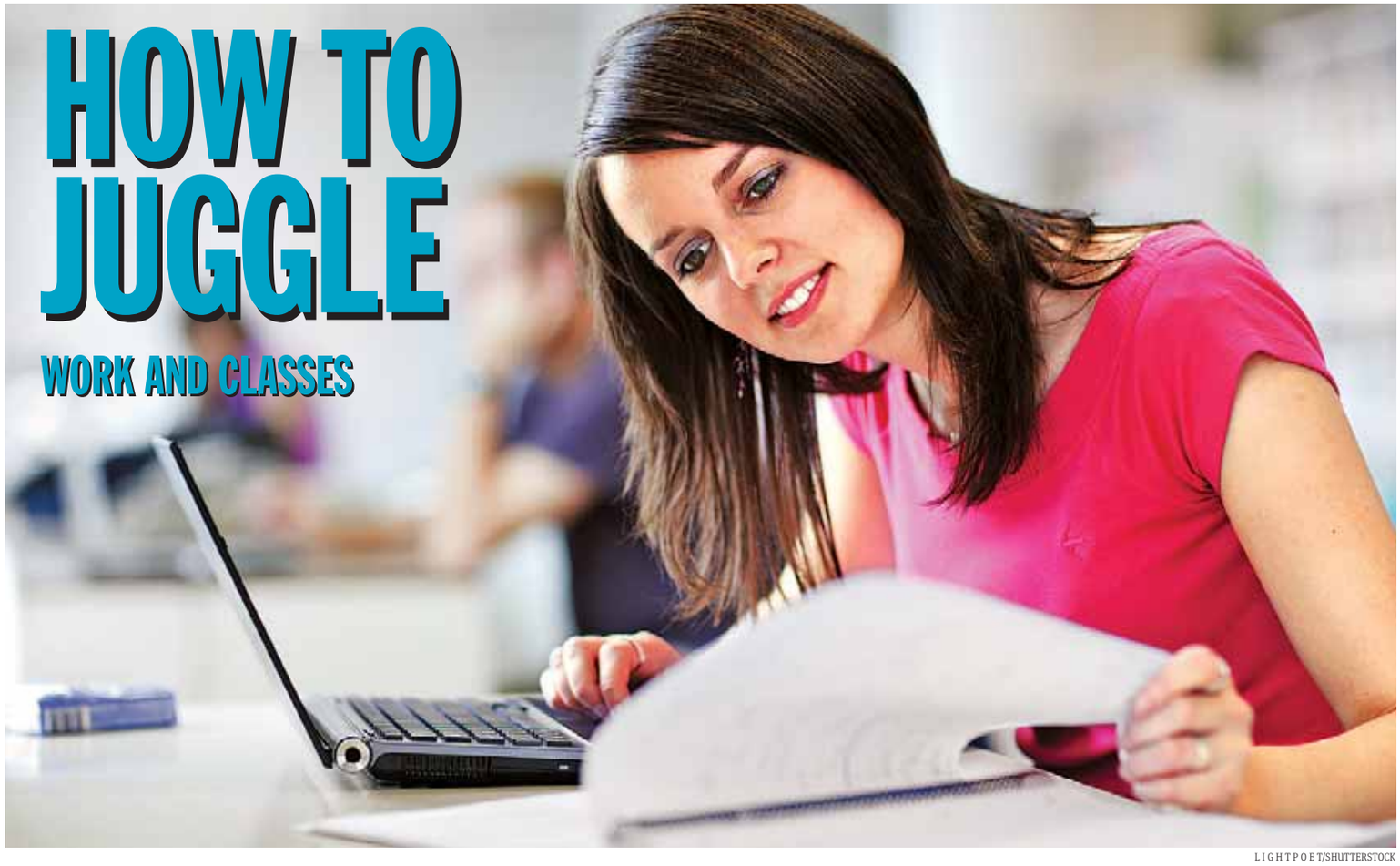

LIGHTPOET/SHUTTERSTOCK

Looking for a part-time job while juggling classes and homework can be a challenge. Tang Choy, an employment support counsellor from Ryerson University's Career Centre, has numerous tips that will help students cut their job search time in half.

1 Spread the word. Let your family, friends and acquaintances know that you are looking for part-time work and indicate your area of interest. Remember, if your connections don't know that you are seeking employment, they can't help. Apply the 80/20 rule when sharing your job search progress with your social network online — 80 per cent of your updates should benefit/help others, and the other 20 per cent can be self-promotional.

2 Research and prepare. Target your job search by researching companies you want to work for, and remember that everyone you meet could potentially have a job for you. Prepare and rehearse a 30-second pitch that you can use on a prospective employer to highlight your relevant skills and experience.

3 Tailor your resumé and cover letter. Use key words in your resumé and cover letter that are included in the job description. Emphasize your relevant experience, skills, and accomplishments.

4 Look on- and off-campus. Check out employment opportunities on campus, and talk to your professors to see if they can use an extra hand. Off campus, visit company websites and connect with professionals in the field. Also consider staffing agencies that provide opportunities for temporary work.

5 Network and prospect. Up to 80 per cent of all jobs are never advertised. Access the "hidden job market" by cold calling and sending resumés and cover letters to prospective employers even when there is no job posting. Build genuine connections within your target industry and approach people in your position of interest to get information for your job search. When networking, always be prepared to follow up with your new contact with calls and emails.

6 Attend career and job fairs. Career and job fairs are a fantastic way to make direct contact with a number of companies in one setting. Research each company, have your elevator pitch ready, and prepare some thoughtful questions for them.

7 Create your own opportunities. Not finding any part-time positions that catch your eye? Consider offering your skills and knowledge as a consultant. Did you ace a certain course? Perhaps you can tutor other students. Are you a whiz at fixing computer bugs, tailoring/altering clothing, or minor landscaping or cooking? *– Metro News Services*

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Five countries, five languages, five visas.

Kendra Cassels chose Humber's post-graduate program in hospitality and tourism operations management (HTOM) because she knew it would take her places.

Where it took her was to five countries on five continents, using five languages and requiring five visas.

Cassels was one of three student interns selected to participate in the Association of Corporate Travel Executives' Around the World in 80 Hours, a program designed to give students a glimpse into the world of global travel management.

Following her internship, Cassels started working for BCD Travel, an international corporate travel management company.

Cassels says the highlight of her trip around the world wasn't walking along the Great Wall of China, or swimming on the rooftop of the world's tallest hotel. It wasn't even having her very own butler at her beck and call for a week.

"While I do have a passion for travel, the highlight of my trip was definitely learning about people — their cultures, their stories, and their experiences," Cassels says. "Visiting different places lets me know each and every day that I always have more to learn."

Staying in Dubai, Bangalore, Beijing, Moscow and São Paulo, Cassels had access to some of the world's most luxurious hotels, airlines and restaurants.

HTOM program co-ordinator Kristy Adams says an internship is one of the most valuable components of Humber's program, allowing students to make connections and gain work experience in a highly competitive industry.

"Our postgraduate program is designed to provide our students with the skills for a career in tourism and hospitality management, both in Canada and internationally," Adams says. "An internship provides students with the vital hands-on experience that is highly valued by employers and allows our graduates to get a head start on their careers."

For more information about the hospitality and tourism operations management graduate certificate program, through the school of hospitality, recreation and tourism at Humber College, visit humber.ca.

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"The diploma-to-degree program is designed for students who have a two- or three-year diploma from a Canadian public community college in the field of business or criminal justice," says Anita Connolly, student services co-ordinator, University of Fredericton.

Students may transfer up to 90 credits from their diploma program Husson University so they only need 30 credits to complete a degree as opposed to the usual 60 credits elsewhere. Online courses are delivered through the University of Fredericton and, as such, graduates will receive a certificate in advanced studies from the university

Since online courses are delivered through the University of Fredericton, graduates will also receive a certificate in advanced studies from the university.

"Studying online is a great way to manage balancing your many responsibilities while working toward a degree," Connolly says.

Students successfully completing the bachelor degree in business administration from Husson University will qualify to apply for admission to the University of Fredericton's online MBA program.

For more about the diploma-to-degree program, including admissions requirements and how to apply, visit UFred.ca.

GET AHEAD FASTER WITH A ROTMAN MBA

The new year is often a time when individuals take stock of their personal and professional goals and think about investing in themselves. It's also a good time to think about continuing education.

"An MBA is often a goal that working professionals seek and Rotman is an excellent choice for those wanting to further their education," says Allison Quennell, director career services EMBA programs, at Rotman School of Management.

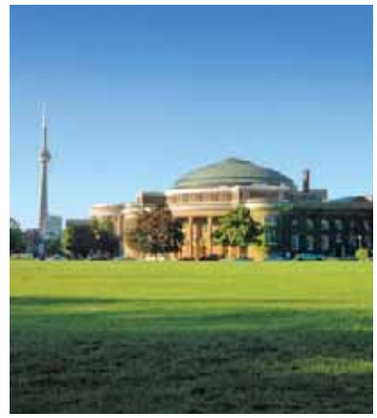
The Rotman one-year executive MBA is popular among mid-senior-level career professionals who aspire to advance further.

For those considering an MBA but aren't certain it is the right program, Rotman offers the MBA essentials for managers program, a non-degree program that acts as an introduction to the MBA.

A Rotman admissions adviser can help you determine what program is the right fit for you based on your motivation for pursuing additional education, the time you have available to take a program, your short- and long-term career goals, as well as the level of support you have, including personal, financial and professional.

Quennell says while applications are accepted throughout the year, many programs are highly competitive and may reach their enrolment capacities before the final application deadlines so she recommends applying early.

For more information, please visit getaheadfaster.ca.



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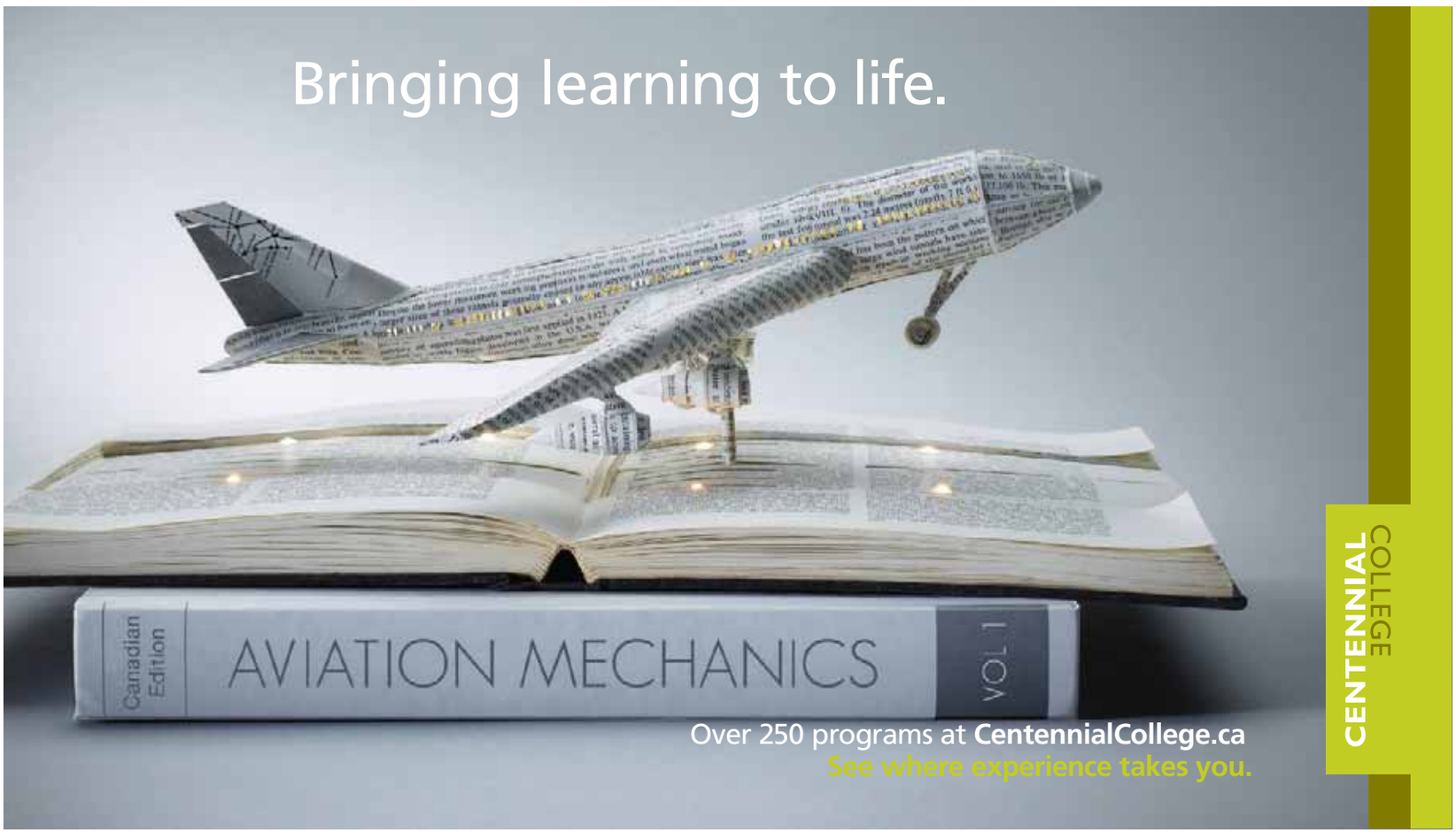

MICHAELJUNG/SHUTTERSTOCK

SECURE A CAREER WITH SHERIDAN

Significant information systems security issues are in the news every day with increasing frequency and severity, according to an information systems security expert at Sheridan College.

"Data and communications protection are becoming a field of vital importance for everyone globally," says Victor Ralevich, professor and bachelor of applied information sciences (information systems security) program co-ordinator, Sheridan Institute of Technology and Advanced Learning. "The impact of these security issues combined with short-interval adoption of new technologies in the market are together continuing to drive new opportunities for graduate employment."

BAISc (ISS) is a four-year degree program that covers fundamental theoretical and applied aspects of in-depth computer science disciplines with a special emphasis on developing technical expertise in a variety of information systems security disciplines and practices.

"It provides students with critical understanding of up-to-date complex security issues in today's business, infrastructure, and everyday life," Ralevich says.

Students develop expertise in digital forensics and data recovery, malicious software recognition and analysis, penetration testing, network intrusion protection, secure programming, network and database security, IS security design and auditing, as well as applied cryptography and its use in securing data and communications.

The program recently celebrated its 10-year anniversary at Sheridan and continues to be unique in North America. The BAISc(ISS) program is unique in its offering at the undergraduate level with such significant technical emphasis on technical skills and practices.

"This program has produced, so far, six generations of highly successful professionals in the field of information systems security and provides for high employability in a variety of companies," Ralevich says.

The program has an eight-month-long paid internship between the third and fourth year.

During their internship, students gain experience and professional connections in their field of expertise, and many secure their first job in the industry after graduation.

"Graduates of this program are successfully pursuing further education, certifications, and specialization," Ralevich says. "Several of them completed their master's degrees in the field, and CISSP and similar certifications related to IS security expertise."

Graduates have gone on to pursue careers as IT security analysts, security engineers, vulnerability researchers, business information security consultants, eDiscovery and forensics analysts, etc.

For more information, please visit sheridancollege.ca.

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HUMBER SUPPLIES YOU WITH SKILLS

The logistics/supply chain advanced diploma program at George Brown College will teach students how to be a strategic asset to any organization.

"This program is uniquely designed to provide students with skills to enable them to make a positive contribution to an organization's supply chain," says Sam Lampropoulos, professor, logistics/supply chain management, school of management, Centre for Business, George Brown College.

The program is a three-year advanced diploma that supplements required core courses such as accounting, marketing and strategic analysis with industry specific courses in purchasing, enterprise resource planning and customs to create a basis for a well-rounded supply chain professional.

It also incorporates strategic and technological elements of supply chain management, which were identified as key competencies by the college's business program advisory committee.

Lampropoulos says students will learn how a logistics/supply chain can enable organizations to develop a strategic advantage by partnering with their suppliers, creating strategic alliances with other organizations to reduce supply chain costs and improving collaboration across the supply chain to reduce inventory and improve customer service.

George Brown College is currently working with the Supply Chain Management Association (SCMA) to ensure they provide currency in the supply chain industry.

In addition, the optional co-op option provides students with an opportunity to get work experience in the field.

For another chance to make contacts in the field, George Brown College initiated the inaugural supply chain student case competition in 2012, which has now grown to a Canada-wide competition. This event matches some of the best and brightest supply chain students from around the country who can showcase their talents to some of the industry's top firms.

For more, visit georgebrown.ca.

OPPORTUNITIES

Sam Lampropoulos, professor, logistics/supply chain management, school of management, Centre for Business, George Brown College, says students who have taken logistics/supply chain courses as part of their education at George Brown College have been hired to work as assistant team leaders with Matrix Logistics (third party distributor for Shoppers Drug Mart at Mississauga and Cornwall locations), distribution analysts at The Bargain Shop, and management trainees at Maple Leaf Foods.

CONTRIBUTED PHOTOS

FOUNDATION TO A NEW PATH

WITH CENTENNIAL COLLEGE

Looking for a career change is what landed Ashley Angeles at Centennial College in the art and design foundation studies (ADFS) program.

She had been working as a technician for a technology company in Toronto for a few years, but realized she was unhappy with her career path.

"I had been skating around the idea of pursuing a career in the art and design industry for a while and had heard a lot of great things about the programs at Centennial," Angeles says.

Angeles is currently finishing a one-year certificate in art and design foundation studies and will be majoring in graphic design at Centennial College this fall.

FLEXIBILITY

The summer intensive art and design curriculum allows students the flexibility to pick courses according to their needs. This curriculum focuses on helping each student on a one-on-one basis to develop a portfolio of artwork tailored to their future career.

To learn more about the summer intensive art and design studio, visit centennialcollege.ca.

Before enrolling at Centennial, Angeles decided to meet with ADFS co-ordinator Dagmar Glisch to find out more about the program.

"I was able to explain what I was looking for from the program and the goals I wanted to achieve," Angeles says. "Glisch was able to set up a schedule for me that worked well with my work obligations and I was beginning classes within a few short weeks."

The summer program was the best fit for Angeles for several reasons. It allowed her to get a sense of what the program and course content offered without the pressure of committing to be a full-time student starting a long-term program.

"My studies so far have been extremely successful and I credit that to the exceptional start I received from enrolling in the ADFS summer session," Angeles says. "I don't believe I would have continued to do so well had I started the program at another intake period."

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OPENING DOORS

PRESSMASTER/COLOURBOX

With almost three-quarters (73 per cent) of recent post-secondary graduates surveyed saying a lack of experience is a barrier to securing their first job, RBC announced the RBC Career Launch Program, a multi-year investment in providing recent college and university graduates with career experience to help strengthen their future employability.

The RBC Career Launch Program — a one-year internship for recent college and university graduates ages 24 and younger — combines formal learning, mentorship and professional networking opportunities with practical hands-on business and community experience that will equip participants with the necessary ingredients to help them build their resumé and launch their career.

"Starting your career with a degree or diploma in hand, but without experience, is like trying to unlock a door with a key that doesn't fit," says Zabeen Hirji, chief human resources officer, RBC. "This program is designed to equip youth with the critical workplace skills and practical hands-on experience employers are looking for. In addition, it fosters the growth and guidance they need through learning, mentorship and networking that prepares them for this new stage of life."

The national survey of recent college and university graduates, commissioned by RBC and conducted by Ipsos Reid, revealed that among those who graduated within the last year, 40 per cent are still looking for a job. – *Metro News Services*

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Rotman School of Management
UNIVERSITY OF TORONTO

PRODUCING ROLE MODELS

UNIVERSITY OF GUELPH

Lauren Patrick

CONTRIBUTED

University of Guelph mechanical engineering co-op student Lauren Patrick hopes that her success in the program will encourage other women to pursue an education and career in this heavily male-dominated field.

"In my role as a Girl Guide leader and involvement with the University of Guelph chapter of Women in Science and Engineering (WiSE), I try to act as an example of how women can excel in these fields," Patrick says.

Patrick says she chose to pursue engineering not only because she enjoyed math and science, but also because she had a passion for art and design and the University of Guelph offered her the right combination of classroom and hands-on design experience for which she was looking.

One of the biggest selling features of this program was the co-op component.

"I was eager to not only start my education to become an engineer, but also to get out there and contribute to the profession in whatever way I could," Patrick says.

"Having completed five co-op work terms with three different employers in three unique cities has also been instrumental in establishing what I would like to do once I graduate this year and where I would like to do it."

For more information about this program, please visit uoguelph.ca.

Super Bowl bets

Bookies boast record profits

Gamblers wagered a record $119.4 million at Nevada casinos on the Super Bowl, allowing sportsbooks to reap an unprecedented profit as the betting public lost out in Seattle's rout of the Peyton Manning-led Denver Broncos.

Unaudited tallies showed sportsbooks made an unprecedented profit of $19.7 million on the action, the Gaming Control Board announced Monday. That's millions more than the past three Super Bowl wins combined.

The Denver Broncos were a 2.5-point favourite, but the Seattle Seahawks took the championship 43-8. Oddsmakers said Peyton Manning fans drove the unprecedented handle.

THE ASSOCIATED PRESS

Super Bowl bust

Business owner out $7 million

Seattle's victory in the Super Bowl has cost Houston furniture store mogul Jim McIngvale some $7 million.

McIngvale is the owner of one of the nation's largest independent furniture stores, Gallery Furniture. He promised customers who spent at least $6,000 in the past two weeks and took delivery before Sunday's game that he'd refund their purchase cost if Seattle won.

McIngvale said Monday his accountant is "pulling his hair out." He says he didn't do well financially, but did build his brand. He says the promotion was not covered by insurance.

THE ASSOCIATED PRESS

Resilient Raps revel in road-warrior rep

NBA. Toronto on pace to finish with its first winning road record after hard-fought W's

Of the many impressive things this Raptors team has accomplished, its ability to win on the road might be the most important and surprising.

It's also the most satisfying, if you ask point guard Kyle Lowry.

"I love being on the road.... There's nothing like quieting a crowd and winning on someone else's home floor," Lowry said Monday before the Raptors faced the Utah Jazz.

"I'm sure if you ask any NBA player, the wins feel better on the road. They feel great on the road. Tough environments, anywhere that has a great fan base, you respect their fan base, you respect the team, but if you can win on your floor it's like: We did it."

The Raptors have done it more often than not — and often in impressive fashion. They have already equalled last year's road win total of 13 (Toronto was 13-12 going into Monday night) and are looking to finish with the first winning away record in franchise history. The 2000-01 team went 20-21, the gold standard for the Raptors franchise. This group has already snapped years-long road droughts in Denver (nine games), Los Angeles versus the Lakers (10) and Milwaukee (eight) this season.

"I think maturity is one thing and less distractions," coach Dwane Casey said. "I feel a seriousness on the road, a togetherness on the road moreso than at home...."

Casey is right about the lack of distractions and an "us against them" mentality among the Raptors on the road this season. They have been able to get away for a handful of private team functions — time to bond that they can't get at home.

"You have friends and family at home. I have friends and family at home. You've got to worry about tickets moreso at home," he said. "And then, (on the road) you're in a confined space. (Sunday) night we had a great Super Bowl party.... It was a togetherness that you don't have a chance to have at home. Everybody kind of goes their own way ... at home."

It is not lost on the players.

"We step up when the odds are against us," said DeMar DeRozan. "When we're on the road, we feel like everyone's against us. It's always fun. We think it's a challenge and we step up to the challenge.

"Sometimes when you're in a comfortable environment you kind of relax a little bit, and when you're in a hostile environment you have to put your guard up."

Players such as Lowry love playing with their guard up.

"We have guys on the team that really have that road-warrior mentality — all odds are against us — and that's how the guys approach it," he said. "Everyone knows it's hard to win on the road.... We really have to focus in, make sure we do every single thing correct. If we have 10 mistakes at home, we can only have three on the road." TORSTAR NEWS SERVICE

Road success

"I like our attention at shootarounds on the road and it's crazy. Most teams are just the opposite."

Raptors coach Dwane Casey

Portland Trail Blazers guard Wesley Matthews drives on Toronto Raptors guard Kyle Lowry during the first half of their game in Portland, Saturday. Lowry's stellar play in tough spots has helped the Raptors experience rare success on the road. DON RYAN/THE ASSOCIATED PRESS

Online

Go to metronews.ca to find out if the Raptors' good fortunes on the road continued on Monday night in Utah.

4 SPORTS

‘The pressure’s clearly on them’

Ice hockey. Great things expected from Ovechkin and Malkin’s Russians as they enter Sochi as ‘centrepiece’ of Games

Friends and family have been calling Alex Ovechkin and Evgeni Malkin for months, asking about Olympic tickets and wanting to know who was going to be on the Russian team.

“I field questions about Sochi always,” Malkin said. “I feel right now it’s pressure for the team, for me. It’s everyone.”

The Sochi Olympics are a showcase of a generation for Russia and Prime Minister Vladimir Putin, and with that comes the pressure of a lifetime for those taking part in the event the country believes it must win.

“I don’t think about it because I don’t want to take pressure right now on me,” Ovechkin said last month. “But it’s kind of hard to do. Every time when I go to the news and on the Internet, I just see about the Olympic Games.”

From a hockey standpoint, that means attention on Ovechkin, Malkin, captain Pavel Datsuk and NHL-star-turned-KHL-hero Ilya Kovalchuk, and the expectation of gold on Feb. 23 at Bolshoy Ice Dome. Anything less isn’t an option the Russians want to consider.

It’s similar to what Canada went through in Vancouver in 2010 with a need to show dominance in a national sport. Given that Russia hasn’t won gold since 1992, when it played as the Unified Team, there’s even more anxiety.

“I think that always goes with the territory,” U.S. general manager David Poile said. “It’s probably even more so because starting from the top with Putin, he’s wanted these Olympics; the centrepiece is the hockey. The whole Sochi is sort of a man-made area, if you will, just for the Olympics.

“They’re putting literally billions of dollars into this, and there’s no question that the hockey is the centrepiece of the Olympics. The pressure’s clearly on them. We’re going to see the best of the Russians, that’s for sure.”

Canada proved four years ago that pressure isn’t prohibitive to winning; that being at home can be an incentive.

With the whole world watching them in their country, the Russians hope they, too, can capitalize on the home-ice advantage. And Ovechkin believes that mentality is his team’s biggest strength.

“(The) most important thing is (it’s) us against the whole world,” said Ovechkin, who dreamed as a child of representing Russia in a home Olympics. “I don’t think somebody is going to be there ... to be just in the Olympic Games. Our mission is try to win the gold medal and play our best hockey.”

THE CANADIAN PRESS

Parallels of pressure

“We can relate, for sure. It wasn’t that long ago, and we all know how proud of a hockey nation Russia is, too.”

Sidney Crosby acknowledges the parallels between his gold-medal-winning Canadian team from four years ago and the 2014 Russians.

Russians Sergei Gonchar, from left, Alex Ovechkin and Ilya Kovalchuk were skated out of the rink 7-3 by Team Canada at the 2010 Winter Olympics in Vancouver. The home team should have ample inspiration to get revenge as their quest for gold gets underway on Feb. 13 against Slovakia. BRUCE BENNETT/GETTY IMAGES

Thomsen at his best when he’s tuned out

Invermere, B.C.’s Ben Thomsen is confident heading into the Olympics after a second-place finish in Sochi during the 2012 season. JEFF MCINTOSH/THE CANADIAN PRESS

The biggest moment of Ben Thomsen’s racing career came two years ago in Sochi.

After a tough start to this season, the Canadian alpine skier is hoping to find some of that magic on the same Russian mountain at the Olympics.

Thomsen finished a surprising second at a World Cup downhill event back in February 2012, a result the 22-year-old believes will give him an edge at the Games.

“I’m definitely confident going back there. It was a huge part of my life and changed my life drastically,” Thomsen said. “It will be interesting to see what kind of feelings and emotions come up when I get there.”

The Invermere, B.C., native has had a mixed bag of results during his career, threatening the podium at some events while struggling badly at others. Thomsen’s recipe for success seems to be simple — don’t over think it.

“As I look back on my career, the times that I’ve done really well is when I don’t really know what I’m about to face and I’m just going into it full bore,” he said. “If I know a situation might be a little tricky I might kind of back off the throttle a little bit.”

THE CANADIAN PRESS

Ski patrollers packing heat

“Georgia is on the back side of the ski hill and getting off gondola stations, you’ve got five armed guards ... it’s a bit nerve-wracking and unwelcoming when you’re from a place like Canada.”

Ben Thomsen on security during his 2012 World Cup second-place finish in Sochi.

Austrian pastime

After missing the first three Winter Games, Alpine skiing joined the program in 1936. Ten gold medals will be awarded in Sochi in men’s and women’s downhill, slalom, giant slalom, super-G and super combined.

Did you know?

105

Austria has won a record 105 Alpine skiing medals at the Olympics, nearly twice as many as any other country. Switzerland ranks second with 56.

Who’ll lead Austrians?

Raich won’t be on hand for opening

Austria is in need of a new flag bearer for Friday’s opening ceremony at the Winter Olympics as Alpine skier Benjamin Raich has delayed his trip to Sochi.

Raich will skip the Feb. 14 super-combine due to back problems.

THE ASSOCIATED PRESS

Ban Ki-moon

UN chief will be there though

Secretary-General Ban Ki-moon will take part in Friday’s opening ceremonies and deliver a keynote address to the International Olympic Committee’s general assembly, the first by a U.N. secretary-general, officials said Monday.

THE ASSOCIATED PRESS

Cross-country skiing

Tough decisions ahead in Norway

Norway’s unrivaled depth in cross-country skiing is causing the team some problems ahead of the Sochi Olympics.

With a handful of medal contenders in nearly every event, the Norwegians face the prospect of having to drop either a double Olympic champion or a former world champion from the men’s individual sprint race.

Each team can enter four skiers, and Norway’s coaches have already promised spots to three athletes. The fourth was set to go to Petter Northug, the team’s big star who has struggled with illness this season.

But that would mean leaving out former sprint world champion Ola Vigen Hattestad in the fourth spot.

THE ASSOCIATED PRESS

Two-time Olympic gold medallist Petter Northug GETTY IMAGES FILE

Grizzled cat keeping order in the litter box

NHL. Thomas providing a veteran presence on rebuilding Panthers

Given the circumstances, Tim Thomas was just what the Florida Panthers needed.

The Panthers are rebuilding — they always seem to be — but with a new owner willing to spend going forward, they seem like they mean it this time.

Their best young players — forwards Jonathan Huberdeau, Aleksander Barkov, Nick Bjugstad and defencemen Erik Gudbranson and Dmitry Kulikov — get a ton of playing time, and make a ton of mistakes.

So why did they need a 39-year-old goaltender who just took a year off, and a guy whose political views muddied his legacy after Boston's 2011 Stanley Cup win?

Precisely because nothing — criticism by the media, mistakes by his teammates — bothers him.

"He's done a great job," Panthers coach Peter Horacek said as his club prepared to host the Leafs on Tuesday. "He allows the guys to build their confidence. With a young team, they make mistakes. He's there. He does it with calmness, a smile on his face. It makes everybody feel under control. You have to have that."

The Panthers aren't a threat to make the playoffs. They're simply too far back in the Eastern Conference standings with too many teams to climb past. But they intend to spend up to the salary cap, paying to retain their stars and add new ones under owner Vinnie Viola.

Whether Thomas, who signed a one-year deal, comes back next year is anyone's guess. He may not even survive the trade deadline as a Panther. But he's been a good teammate, even if his political views come into question.

TORSTAR NEWS SERVICE

Quoted

"He's a great person and he's still a great teammate."

Panthers defenceman Brian Campbell on goaltender Tim Thomas.

Goaltender Tim Thomas has been a calming veteran presence on a young and rebuilding team in the Panthers. PAUL BERESWILL/GETTY IMAGES

Brazil

World Cup host's black eye just won't go away

With the World Cup just months away, Brazilian soccer is under the spotlight for the wrong reasons again after players from one of the country's most popular clubs were attacked by fans upset with the team's struggles.

This weekend's attack happened at a training centre which will be used during the World Cup, and comes amid uncertainty over the start of this year's Brazilian league because of ongoing lawsuits and bribery allegations.

Brazil's image has already been tarnished by its problematic World Cup preparations — with host city Curitiba still in danger of being dropped — and last year a flood of fan violence plagued Brazilian stadiums and raised safety concerns ahead of football's showcase event.

More violence was reported this weekend, and a video being shown by local media shows four police officers using batons to strike a lone supporter allegedly involved in fan fighting during a match in the central state of Goias.

THE ASSOCIATED PRESS

Premier League

Chelsea ends City's undefeated home record

Chelsea delivered a potent mix of defensive resilience and effective counter-attacking in a 1-0 victory over Manchester City on Monday, neutralizing the Premier League's most rampant attack to provide a new twist in the title race.

Branislav Ivanovic lashed home a fierce 25-yard shot in the 31st minute to end City's undefeated record at home in the league and earn Chelsea the double over most pundits' favourites for the title. The visitors could have won by more, hitting the goal frame three times and threatening almost every occasion they broke forward.

It meant Arsenal returned to the top of the standings, with a two-point lead over City and Chelsea, in what is proving to be a thrilling title race. Chelsea manager Jose Mourinho continues to rule his evolving team out of contention, but few will take him seriously after this performance.

"Two horses and a little horse," was Mourinho's description of the title race, which has 14 more matches to run. THE ASSOCIATED PRESS

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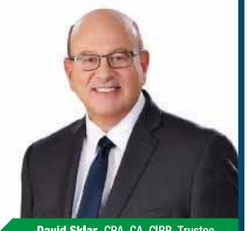

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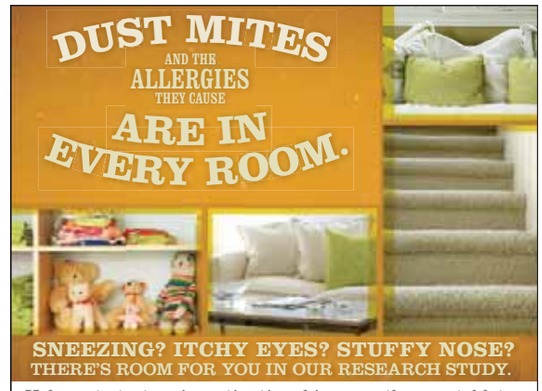

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Horoscopes

♈ Aries
March 21 - April 20
You are in a domineering mood at the moment and won't hesitate to tell others how to do things. But anyone who tries to tell you will most likely wish they had kept quiet.

♉ Taurus
April 21 - May 21
You may find it hard to believe what you hear today but don't reject it out of hand because it may be true. Reserve judgment until later in the week when there are more facts available.

♊ Gemini
May 22 - June 21
Information will come your way today that enables you to put one over on a rival. All is fair in love and war so don't hesitate to use what you learn for your own benefit.

♋ Cancer
June 22 - July 23
It is important over the next 24 hours that you know when to speak up and when to stay silent. Important people will be either impressed or annoyed by what you have to say, so make sure you say the right thing.

♌ Leo
July 24 - Aug. 23
It might be tempting to work even harder and faster but you will accomplish more in the long-term if you start slowly and think about what you are doing.

♍ Virgo
Aug. 24 - Sept. 23
You may want to push ahead with a project that is close to your heart but according to the planets a colleague is having doubts and you must deal with those doubts first if you want to make progress.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks you are not ambitious will get a shock today as you push yourself harder than ever. But while it is okay to be hard on yourself it is not okay to be hard on friends and loved ones.

♏ Scorpio
Oct. 24 - Nov. 22
You need to ask the right questions today and to do so you need to see your life for what it is, not what you wish it might be. Be completely honest with yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
According to the planets someone you work with is not being entirely straight with you. Before you go any further together in what you are working on demand to know where they are coming from.

♑ Capricorn
Dec. 22 - Jan. 20
Someone whose point of view is very different to your own will say something that you cannot let pass and most likely you will end up having a major argument. But that's OK. It's wrong to remain silent.

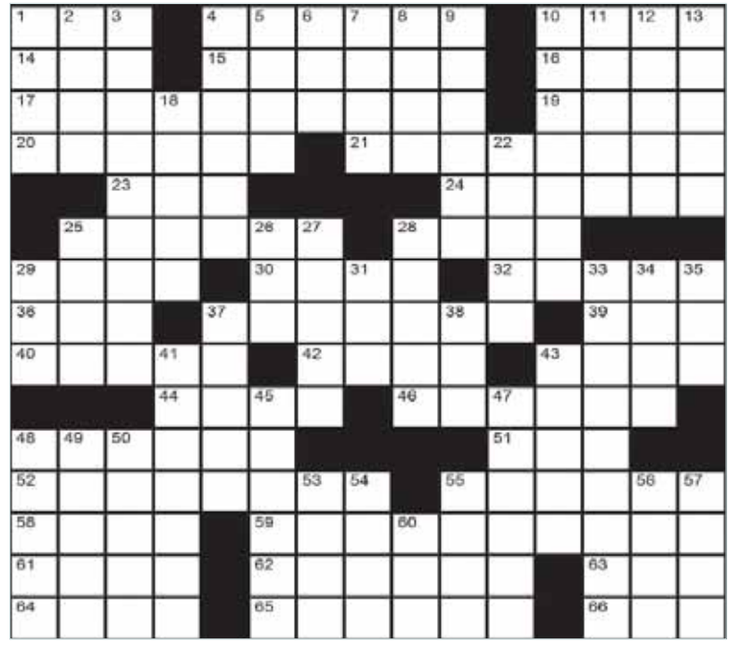
♒ Aquarius
Jan. 21 - Feb. 19
If you put your mind to it today you can change something about yourself that you have disliked for a very long time. How will you do that? By replacing a bad habit with a good habit.

♓ Pisces
Feb. 20 - March 20
You are so self-confident at the moment that you can't see the obstacle that is ahead of you. You will see it soon, in the meantime, ignorance is bliss!. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

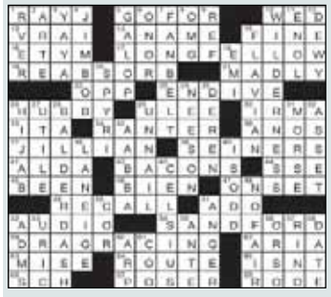
BY KELLY ANN BUCHANAN



Across
1. Troublesome-ly tote
4. Biggest thing since the Cronut
10. Shania Twain trophy, e.g.
14. Montevideo is its cap.
15. Sarajevo's locale
16. Bitterly bellyache
17. Science Centre in Calgary: 2 wds.
19. Comic strip, __ and Janis
20. Ms. Berry's
21. 1985 Michael J. Fox movie: 2 wds.
23. Frigid
24. Way to move a wheel: 2 wds.
25. Skincare brand
28. Vacationing spot
29. Computer company
30. Cart-pullers
32. Welsh poet Mr. Thomas
36. Clash
37. Secret
39. Wonderment
40. Certain carpeting
42. __ counter
43. Determine
44. Wedding gown trim
46. Studies
48. Dormant volcano in northwestern BC, Mount __
51. Peace sign's spelled-out shape
52. Guy friendship, often on reality TV
55. Mr. Whibley, Sum 41 frontman
58. South Dakota dam
59. Carly Rae Jepsen's new title role on Broadway
61. Sultanate of __
62. Haunted house hangouts
63. Turnaround, slangily
64. German philosopher, Immanuel __ (b.1724 - d.1804)
65. Scotland's Loch creature, affectionately
66. Bruce Cockburn's "___ Tree Falls"

Down
1. Particular Protestant, puny-ly
2. Fertilizer ingredient
3. Jonathan Swift classic, __ Travels
4. Particular TV network symbol: 2 wds.
5. Antarctica: __ Ice Shelf
6. Slitherer
7. It's a bug
8. Limerick's land
9. California competition for the Raptors
10. The __ Family on PBS' "Downton Abbey"
11. "The Brady Bunch" mom
12. "Girl You Know It's True" duo half
13. High up
18. Stress side effect, some say
22. Expressionist painter, Emil __ (b.1867 - d.1956)
25. Health food berry
26. __'easter
27. Rusty stuff, Iron __
28. Collectively: 2 wds.
29. Canadian actress Ms. Cook, et al.
31. Twilight
33. CTV's "The Social" co-host: 2 wds.
34. Grass appendages
35. '90s sitcom, "__ and Stacey"
37. Shopping spot
38. 5-5, in sports
41. Nourishment
43. Soeur's sibling
45. High-kicking performance
47. Very much opposed to
48. Novel with no paper pages
49. Television genre
50. Title comedy role for Adam Sandler
53. Quote
54. Tree-like Tolkien creatures
55. Metric system prefix meaning 'one-tenth'
56. Treble __
57. Bob Marley & The Wailers album
60. Insult, in slang

Yesterday's Crossword



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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1		2		9	5	4	
					6			2
5						3		9
	7		9			4	8	
				4				
	6	8			3		1	
2		7						1
8			5					
	4	5	8		1		2	

Yesterday's Sudoku

5	4	8	6	9	7	3	1	2
9	7	2	1	3	8	4	5	6
6	3	1	5	4	2	9	8	7
4	2	3	9	8	1	6	7	5
7	9	5	2	6	3	1	4	8
1	8	6	7	5	4	2	3	9
2	1	9	4	7	5	8	6	3
8	6	7	3	1	9	5	2	4
3	5	4	8	2	6	7	9	1

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